

Instructor keeps revvers going strong

Music thumps, hearts and legs pump madly as participants race to the pace of instructor Lisa Workman's high-energy revving class. Workman, a graduate of the Faculty with a Bachelor of Physical Education and a Master's degree in physical activity and youth, says the Campus Recreation class she's taught twice a week for two years attracts a variety of revving enthusiasts from fitness buffs to first-timers in ages ranging "from 18 to 50-plus."

"I love it – it's really fun!" she says. "I'm a bit like a DJ – I get to control the music and get people moving to it - and having a great time too." And they come in all shapes and sizes to build endurance and get fit in a positive, supportive environment.

Workman makes sure every participant enjoys an invigorating workout no matter what their fitness level.

Most rewarding is to watch participants progress from flabby to fit over the course of 12 weeks. "I really enjoy seeing people improve," says Workman. "You see them huffing and puffing at just a little intensity at the beginning of the course and at the end, they're thriving and they want more! And I get my workout too," she adds with a smile.

Campus Recreation programs at the University of Alberta are essential to keep the campus population healthy and on its feet, stresses Workman. "The University of Alberta wants to have the healthiest campus in Canada – and this is where it starts. Campus Recreation provides so many options for physical activity - from structured groups to sports, even hip hop dancing. It's definitely not one-size-fits-all!"



Student recreation facilitator

Every day fourth year BSc student Curran Campbell sweats over chemistry and biology but three nights a week he works up a sweat organising and participating in intramural sports. And he likes to try them all! "I participated in 16 or 17 different intramural activities last year. I've always been very physically active and I find it fun organising intramurals for other students and watching them – clichéd as it sounds - achieve a common goal."

"I enjoy watching people have fun. Sometimes it's their first time trying something – but the atmosphere is always fantastic."

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