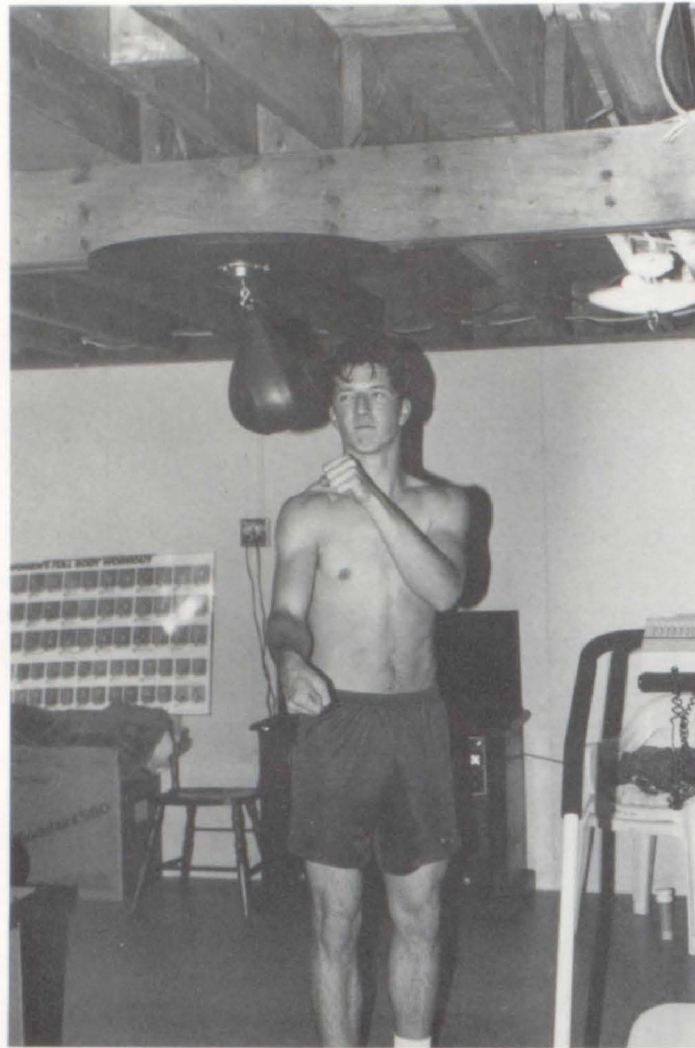




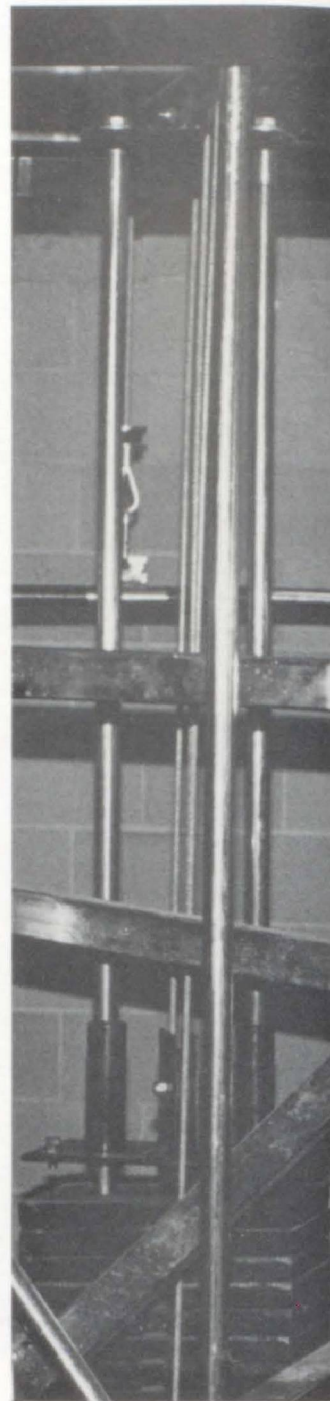
J. Denniston

**I AM THE CHAMPION!** Jason Denniston enjoys lifting weights with Mr. Bruce Andersen. Jason said, "He likes to condition his body."

**DON'T MESS WITH ME.** Travis Polash punches his speedbag during his regular workout. He exclaims, "It improves my hand-eye coordination.."



J. Denniston



Energize . . .

# Hit The Gym

\*\*\*\*\*  
Work  
That  
Body

1....2....3....4....,up and down, right to left. Whether it's lifting weights , step-aerobics, or Sweatin' to the Oldies, more and more students are finding time to include exercise in their daily routine. "I go through a simple workout three to four times a week," exclaimed Travis Polash. "It keeps me healthy and in shape."

It's not only athletes who have to keep fit, many students get together just to