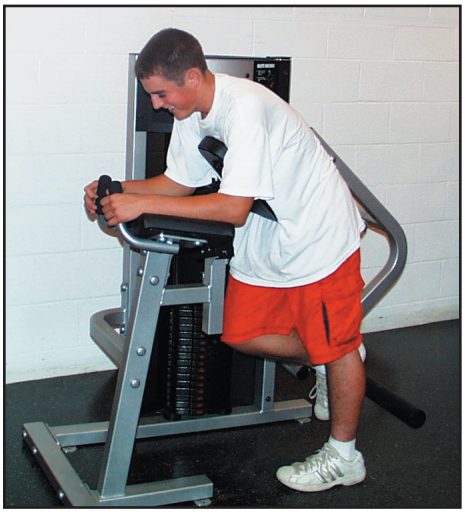
Fitness Room Added to MV

by Katie Hoffmann

If you were in P.E. these first nine weeks, you heard Mr. Huegel talk about the new fitness room at least once, if not more. And he has a good reason too!

There are many different types of machines in the room. There are 14 weight machines, 4 cardio machines, and 12 steppers. The type of training is circuit training. Students spend 35 seconds on a machine then they get 15 seconds to move to the next machine, then they spend 35 seconds on a different machine. Usually, the routine is from a weight machine to a stepper to another weight machine. Mr. Huegel will test people's heart rate at random to make sure they are hitting their target heart rate.



Mark Nefzger uses one of the new weight machines during a PE class. (photo by Kathie Palmersheim)

This is the first year for the use of the fitness room. (photo by Abby Jurgens)

"The exercises we do in the fitness room are based more on fitness than on building muscle mass," Mr. Huegel said. The main main goal is for fitness and health.

"Most students liked the idea of being fit without building muscle mass, but the amount of time that is spent needs to be adjusted," was Mr. Huegel's opinion on how the students liked the fitness room.

Amy Salow's said, "I like it, but doing it for so long gets old. We do the same thing every day."

"It gets boring fast," said Nick Smock, when he was asked how he liked the fitness room.

The second semester will be better according to Mr. Huegel.

Fitness needs to be a life long goal, and with having the fitness room at the hands of Maquoketa Valley students, this can be started earlier in life.

According to Mr. Kuehl, the fitness room was about a $55,000 expense from the school's general account. MV patrons who attended an orientation session may use the fitness room during specified hours before and after school.

Melodious Sounds Fill the Pews

The choir entertains the crowd at St. John's church during their fall concert Tuesday night. (photo by Becki Burkle)