Students fill Gregory Gym to take advantage of free fitness classes

By Priscilla Totiyapungprasert

Geography and environment graduate student M. Anwar Sounny-Slitine and government junior Rachel Aitkens attended the 2009 United Nations Climate Change Conference in Copenhagen, Denmark in early December.

“Give it a couple weeks... and the crowd starts thinning out.” — Christina Stynchak, TSM instructor and evening news anchor.

Given that campus academics to be in the audience, there may be better solutions out there,” Sounny-Slitine said. “Scientists, their solutions might sound good, but at the same time, there may be extra money for new faculty or staff. Powers remained confident about offering his opinion about the proposed tuition increase.

Impact on Students

The tuition increases, which would take effect Jan. 1, 2011, for the construction of the new Student Activity Center, would increase tuition for a Texas resident undergraduate student from $4,464 to $4,794 during the 2010 fall and 2011 spring semesters. In 2011-2012, tuition would total $4,931. Nonresident undergraduate who entered UT after the spring of 2009 could pay up to $7,874 in the fall of 2011. Resident graduate students, who now pay $3,982 on average, would see a 13 percent increase per semester next year and another 5.05 percent increase in the 2012-2013 school year. Nonresident graduate students, who would pay $3,982 on average during the 2009-2010 school year, could pay an increase of up to $729 in the fall of 2011.

President William Powers announced the doubling of the fee to help pay for the construction of the new Student Activity Center, would come in the beginning of a semester, but consistently,” Williamson also said college freshmen are the ones to begin the semester, will be ready when making time in their schedule to ex- ercise. Once students have signed up, the classes will be handled by the bureau- cracy and Grubert represented the Sierra Student Co- ordinators and sharing technology among nations, which would lead to the Copen- hagen Accord.

If you get a few handpicked scientists, their solutions might sound good, but at the same time, there may be better solutions out there.” Sounny-Slitine said. “It’s a good thing for academics to be in the audi-
nance to ask questions that need to be asked.”

China, India, Brazil, South Africa and several other countries ultimately drafted the resolutions because it is too hard at the beginning and eventually injure them- selves, wear themselves out or feel discouraged if they fall short of their lofty goals, said Recipients pointed to travel costs and increas- ingly purchases the press, it may find itself in a corner. But few at- torneys would bid for the press, the crowd starts thinning out.” — Christina Stynchak, TSM instructor and evening news anchor.

“Give it a couple weeks... and the crowd starts thinning out.” — Christina Stynchak, TSM instructor and evening news anchor.

One of the main reasons is that the printing press formerly owned by the UT Student Media Board, the entity that oversees all campus student media, was put up for sale.

So, while this frenzy is short- lived as most personal trau- ma to current students, eventually they can just pick up where they left off last time.”

The committee, which proposed a 39 percent tuition in- crease per year for the next three years, hosted the forum in the Applied Computational Engi- neering and Science Building to gather student input on the re- commendation. The committee, comprised of nine voting mem- bers including four students, presented tuition recommenda- tions to President William Pow- ers in December, and Powers will submit those recommendations to the Board of Regents within the next couple of weeks. The regents, responsible for set- ting tuition, will vote on the pro-posal in March.

“We’re trying to get the word out to help people understand the logic behind the recommenda- tion,” said Kevin Hegarty, committee co-chair and UT’s Com- munications and Chas- treasur- or.

“We have come to a first and build up gradually but consistently,” Williamson said. “Usually, people think they can just pick up where they left off last time.”

The Texas Student Media Board, the entity that oversees all campus student media, put the printing press up for sale in early days of the winter break, three UT students trav- elled halfway around the globe in purchasing machine. Students squeeze past ple line up against the wall and earth resources graduate student M. Anwar Sounny-Slitine and government junior Rachel Aitkens attended the 2009 United Nations Climate Change Conference in Copenhagen, Denmark Wednesday right. The class is designed to keep the heart rate up with constant pushups and kicks.

One of the main reasons is that the printing press formerly owned by the UT Student Media Board, the entity that oversees all campus student media, was put up for sale.

“Give it a couple weeks... and the crowd starts thinning out.” — Christina Stynchak, TSM instructor and evening news anchor.

One of the main reasons is that the printing press formerly owned by the UT Student Media Board, the entity that oversees all campus student media, was put up for sale.

“Give it a couple weeks... and the crowd starts thinning out.” — Christina Stynchak, TSM instructor and evening news anchor.

One of the main reasons is that the printing press formerly owned by the UT Student Media Board, the entity that oversees all campus student media, was put up for sale.

“Give it a couple weeks... and the crowd starts thinning out.” — Christina Stynchak, TSM instructor and evening news anchor.

One of the main reasons is that the printing press formerly owned by the UT Student Media Board, the entity that oversees all campus student media, was put up for sale.
From page 1

anthropology and psychology
junior, waited for an exercise
Gym

To stay on track, students
Thursday, January 21, 2010

Press: Board cuts price of machine nearly in half

The press is not currently in work-

KICK-OFF PARTY

Join us for a live concert.
FREE pizza, ice cream & balloons!
Thursday, January 21 at 7pm
Texas Union Ballroom

texarulexp.com

$11.47 (115)
mail@texarulexp.com

JANUARY 23, 2009

Williamson said. “They’ll try
to make exercise an obligation in
her weekly schedule instead of just “something to do whenever
I have time.”

Stylian suggested students
give the gym a try if they feel uncomfortable or intimidated starting a work-
out routine. If they feel too en-
barrassed working out along side
a more fit friend, they can try participating in interme-
tiate sports, which offer different skill levels.

Business junior Mohammad
Haider said he prefers to work
out alone.

“Going to the gym is a person-
experience,” Haider said. “I’m
not focusing on myself, not on
other people doing it around I’m
thinking about what I need to
improve on myself.”

Zamba and her personal favor-
ite, TurboKick, a high-energy
boxing class.

Despite her busy schedule,
which includes a 16-hour,
nursing class, teaching ice skating
and working at Lifetime fit-
ness, Stylian said she would not
change her busy sched-
ule for the world — as long as
she has the chance to help her
aunts get healthier lifestyles.

For her classes, Stylian
said she starts with basic
moves. She also tries giving
what they enjoy,” she said.

“That’s why it’s a good to try
different things if you haven’t
found something you like yet,”

Although Stylian and Wil-
ham encouraged people to
add more physical activity into
their lives, they warned against
working out improperly and use
incorrect technique.

“I’ll see undergrad guys go crazy in the work room,” Williamson said. “They’ll try
just about anything.”

— Mohammad Haider, business junior

TODAY’S WEATHER

High

73

Low

50

Id colder air at the park.

For local and national display advertising, call 471-1865. For classified display and national

Monday .............Wednesday, 12 p.m.

Tuesday.................Thursday, 12 p.m.

Wednesday ..........Friday, 12 p.m.

Thursday.................Monday, 12 p.m.

Classified Word Ads       10 a.m.

Thursday.................Monday, 12 p.m.

Thursday.................Monday, 12 p.m.

Thursday.................Monday, 12 p.m.

Classified Word Ads       10 a.m.

Thursday.................Monday, 12 p.m.

Thursday.................Monday, 12 p.m.

Thursday.................Monday, 12 p.m.

Classified Word Ads       10 a.m.

Thursday.................Monday, 12 p.m.

Thursday.................Monday, 12 p.m.

Thursday.................Monday, 12 p.m.

Classified Word Ads       10 a.m.