

The Luna Light

Luna
Community
College

"The People's College"

Mission Statement: "Creating Opportunities for You!"

Vision Statement: "New Mexico's Premier Community College: Preparing Students for Success"

Volume 4, Issue 19

July 11, 2014

HIIT class a big "hit" at LCC

Resistance training beneficial to students

A new type of training is sweeping America, and at Luna Community College, many students are taking advantage of it.

High-intensity interval training (HIIT) is gaining more momentum than a locomotive. Although the traditional treadmill and machine weights remain popular, HIIT is literally becoming a big 'hit' at the college.

"It's been in the spotlight and it's gained a lot of popularity," said LCC Gerald Ortega Wellness Employee and HIIT Instructor Paul Aragon. "What draws a lot of people to this class is that it's constantly changing. No two classes are ever the same. It keeps people intrigued."

HIIT alternates periods of short intense anaerobic exercise with less intense recovery period. HIIT is a form of cardiovascular exercise with the exercises done near or at maxi-

mum levels.

"As a wrestler, I've been doing HIIT exercises since I was a youth athlete," says Aragon. "Basically HIIT develops every component of fitness. In sports that require muscular strength, muscular endurance and good body composition, HIIT training is very beneficial."

Aragon's class, which is under the umbrella of community education, runs on a monthly basis. It is taught from 5:30 p.m. to 6:30 p.m. on Monday's and Wednesdays. The cost is \$35 a month for eight sessions. In his current class, there are 36 students enrolled. That is the maximum amount of students allowed in the class.

**To read the full story,
See Monday's Luna Light**



Luna Community College students Ron Duran and Pamela Trujillo go through a workout in a recent class.



Luna Community College Title V Director Lorraine Martinez shows a banner during Tuesday's Board of Trustees meeting. The banner, designed by Tiffany Young and Denise Montoya, will be displayed around campus. Also in the photo is LCC President Dr. Pete Campos.

**Fall classes
begin on
Monday,
Aug. 18. The
last day to add
classes is
Friday, Aug. 25.**