Exercises defy gym tradition

BY ERIN MCKEE

BYLINE: Staff Reporter

The new year is a great time to set a resolution of getting in shape. As January 1st passes, the radio is filled with stories of people who have set New Year’s resolutions to lose weight, get in shape, and overall improve their health. fleece dancers provide physical exercise, but Andrews and her dance students said that the outdoor cold is not enough to motivate them to go outside. "I think it’s a cool confidence booster,” said Andrews.

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