

Fitness a way of life for Dancefit people

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quired to pay a \$45 fee for each ten-week course, considerably cheaper than comparable exercise programs. Everyone must sign a medical release form and Mrs. Burns suggests that heart patients and even young women recently recovered from pregnancies should get a doctor's consent before enrolling.

Otherwise, there's very little else to buy for the Dancefit course. Participants normally wear T-shirts and shorts, some of the veterans proudly slip on "Dancefit" T-shirts.

Don't go and spend a lot of money on running shoes, Mrs. Burns advised during the interview. Ideally, shoes should give good support in the arches and, with this in mind, jogging shoes are probably preferred over footwear styled for the avid tennis player.

As far as the Dancefit instructors are concerned, all they need is a hall large enough to accommodate their classes and plugs for their tape decks.

What kind of assurances does the public have that Dancefit consistently provides an effective exercise program session after session? Well, consider the rules the instructors must follow from their organizers.

First of all, prospective Dancefit instructors have to "bait out"—no smoking. They have to pass a weight and fitness test and they have to show an interest in furthering their awareness of fitness, possibly by taking courses on fitness leadership and cardiopulmonary resuscitation (CPR).

WAY OF LIFE

Printed in bold, capital letters at the bottom of one page of the instructors' brochure is this concise message: "Fitness is not an exercise class, it is a way of life." And they are reminded of this even after they have achieved their full-fledged instructor's wings. Instructors have to pass another fitness test following each ten-week session and if they fail, well...

Few exercise programs offer such an opportunity to get fit without worrying about looking bad if each step isn't done to crisp perfection. The idea is to have fun, socialize a bit and then come back next week to try again.

Mrs. Burns acknowledged



Laurie Burns (left) and Virginia Walker will be running the fall session of Dancefit which begins Sept. 28. Mrs. Burns has been offering the unique fitness program, which turns dance steps into good cardiovascular exercise, for almost a year in the Georgetown area. Miss Walker, a veteran of the Dancefit program here, is starting the fall season as an assistant instructor. Registration for the program will be held at 7:15 p.m. in Howard Wrigglesworth School Sept. 28.

(Herald photo)

that when she works with a class she works at a good clip, encouraging her proteges to try and keep up. Few people can in those early weeks of each session, until suddenly (magically?) those funny

steps with the unusual names click neatly and the smiles on the faces of those men and women during the last class reflect a real sense of achievement.

Bound for glory at the Imperial Room, Ronnie puts on special show just for us

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And the fans - and the other rock stars - still come to Toronto to see him, at the Nickelodeon on Yonge Street which he virtually ran for years and years, or elsewhere in Ontario.

The Beatles were still in the process of breaking up when the late John Lennon accepted a Toronto promoter's invitation to headline a "Rock 'n' Roll Revival" concert at Maple Leaf Gardens. Lennon and Yoko Ono

stayed on Ronnie's farm during their visit, having a ball riding around on his snowmobile machines.

Bob Dylan, the American protest singer turned rocker turned gospel singer, affords Ronnie an indelible link with pop music history.

It was a newly "electrified" Dylan who lured Hawkins' back-up band, The Hawks, off to England for a groundbreaking tour. After that, The Hawks - another Arkansas boy and four ex-

atriate Canadians who'd teamed up with Ronnie for his crisscross travels among the midwest country dives - became The Band, one of the most popular American groups of the 1970s.

When the Band decided to call it quits with a special goodbye performance four Thanksgivings ago at San Francisco's Winterland, they invited along all the old friends who'd shared their music and their stages.

There was Dylan, Joni Mitchell, Van Morrison, Neil Young - and Ronnie Hawkins. The event was captured in a feature film, The Last Waltz, and Hawkins' performance stands as one of the best segments.

Last year brought Ronnie another film role, that of a Yankee army officer in Michael Cimino's epic Heaven's Gate. As movie buffs the world over know by now, the lengthy film died a nasty death upon release, as Hawk-

ins himself nearly did during its filming (he took a bad spill from his horse, but got up laughing). The movie is set for a third commercial release, this time retitled The Johnson County Wars.

These days, The Hawk continues to dazzle his peculiar, ageless rockability on the tube. Honky Tonk, described by CTV spokesmen as a combination of Hee Haw, Solid Gold and The Ronnie Prophet Show, debuted two weeks ago with

Hawkins as its host. Overcoming his nervousness in the television studio, Ronnie will be introducing such special guests as Hoyt Axton, Kris Kristofferson and Bo Diddley himself.

A long way from Arkansas and a long way from Winterland, Hawkins and Bo Diddley will no doubt get together for a spirited version of "Who Do You Love?", a question he'll soon be asking the concert-goers of Halton Hills.

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