**Guerrilla Gym Tactics: The New Way to Work Out at Hart**

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Picture dozens of sweaty bodies packed into a room pulsating with bass-filled rap music. You can barely make out what people are saying to you above the noise. Everyone is standing in small groups, talking about their days, gossiping about people around them. Slowly, the lines move forward, and you reach your goal. Then someone jumps in front of you and you choke back an exasperated scream. Although this description fits a typical Friday night at an off-campus party, I’m actually talking about the craziness that has been the Hart gym these past two weeks.

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turned until, finally, you have reached your goal. Then someone jumps in front of you and you choke back an exasperated scream. Although this description fits a typical Friday night at an off-campus party, I’m actually talking about the craziness that has been the Hart gym these past two weeks. For off-campus party, I’m actually talking about the craziness that has been the Hart gym these past two weeks.

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spandex outfit. I’m still trying to figure out how you are supposed to breathe while wearing one of them.

**Time Limits:** The Holy Cross Wellness Center en- 
orces a 30-minute limit on all of the cardio machines. “Enforces,” of course, means they would like you to observe the limit... if it isn’t too much of a pain. No, I will not tell you what the time limit is. The time limit rule flies out the window. But if there is a line forming to use your favorite machine, you must stand in it and get off after 30 minutes. The people waiting in line will appreciate your consid- 


eration and forget about throwing their water bottles at you. Also, when you have finished your workout, never EVER walk over to your friend who is using a different machine, and tell them they can use it. The people waiting in line will get upset and may follow you home. This brings me to my next point.

**Guerrilla Gym Tactics:** I would like to find out who could rant to my friends at dinner. The next guerrilla gym tactic is more strange than annoying. Lately, when the gym has been crowded, people have taken to approaching those on the machines and asking if they can use them next. My response is usually, “Sure.” But this seems to defeat the purpose of the line forming behind machines, because people aren’t going to seek out the person who asked to use my machine. Whoever is next in line gets the machine... period.

**The Elliptical Trainers:** At this point, I have a suggestion for the person in charge of making equipment decisions in the gym. Get rid of the Stairmasters—they are the instruments of the devil. I can understand the reasoning behind the few calories for the amount of work you put into the machine. Since this entire campus is basically a Giant Stairmaster, I suggest we toss the Stairmasters like we tossed 80’s Jane Fonda workouts. It doesn’t take them with elliptical trainers. Very few people use the Stairmasters and, more often than not, those who do are people who can’t stand the heat and you can’t stand the thought of waiting in line. Some students will, however, take as much out of you as the Stairmaster, you don’t pour away your ankles and knees like you do on the treadmill, and you burn a ton of calories at the same time. Everybody wins... except the boys. Let’s face it, most girls get up early because they are waiting for an elliptical trainer and a boy is using one. I am not sure who deems them “machines,” and I agree that it is a sexist issue. However, it remains a fact that if you are male using an elliptical, you may have had the exasperated looks of girls waiting in line.

Like many second semester weekends, this flurry of activity at Hart will dwindle. Work will soon pile up and people will remember fondly the days when they actually had a free hour to work out. Plus, the weather will become warmer and people will take advantage of the sunny afternoons for outdoor workouts. But until then, we are forced to endure the sometimes quirky, sometimes annoying, sometimes utterly ridiculous gym behavior of all.