

ADULT FITNESS CLASSES OFFERED

Adult Fitness and Slimnastic classes are in full swing again at the Las Vegas YMCA. Co-ed fitness classes are held on Monday, Wednesday, and Friday at 7:00 a.m., Noon and 5:30 p.m. Women's Slimnastic classes are held Monday through Friday at 9:30 a.m. and 7:30 p.m. These classes are designed to improve joint and muscular flexibility, increase endurance, help control weight and reduce stress and tension.

Fitness classes are offered at various times in order to fit as many different schedules as possible. The 7:00 a.m. Early Bird Fitness Class on Monday, Wednesday, and Friday is designed to meet the needs of early risers or the man or woman who wishes to loosen up before going to work. At noon on Monday, Wednesday, and Friday, our classes can be beneficial to moms whose children are in school or to business people who want to reduce the stress of work. The 5:30 p.m. fitness class on Monday, Wednesday, and Friday is good for those people who wish to reduce the accumulated stress and tension of work before they go home. All of our classes will improve an individual's physical condition.

The Las Vegas YMCA offers a complete fitness program for all needs. Classes are open all year round. For more information, come to the YMCA located at Casino Center Blvd. and Bonanza Road or call 384-6254.

TSU BLASTS SAM HOUSTON STATE 49-22

Scoring touchdowns in the first three times they got their hands on the ball, Texas Southern University's hustling Tigers easily outmaneuvered Sam Houston State's Bearkats 49-22 Saturday afternoon.

All-American quarterback Garland Montgomery hit the speeding split end Ernest Pough with a 25 yard pass with 10:58 left for the first touchdown. Senior tailback David Harper, who led all rushers with 101 yards on 20 carries, scored the second touchdown five minutes later on a two yard burst and then Montgomery hit Pough again, this time with a 63 yarder to give TSU a 21-0 first period lead. Mike Biggs kicked all PATs.

Safety Robert Pough intercepted a pass and returned it 42 yards for a fourth TSU touchdown and Montgomery, who connected on 10 passes for 197 yards and two touchdowns, scored on a keeper to put the game out of reach in the third quarter.



GULF SPONSORS TEAM IN SONNY HILL LEAGUE -- Gulf representatives Dan W. McLaurin, Personnel Analyst, Eastern Marketing Region (left) and Frank C. Hess, Jr., Senior Personnel Advisor, Philadelphia Refinery (right) pose with William "Sonny" Hill (center) prior to a game at Temple University in which the newly formed Gulf Oil Basketball team participated. Mr. Hill is Basketball Editor for CBS-TV, President and Co-Founder of the Charles Baker League, and President and Founder of the Sonny Hill League. The Sonny Hill League is a program designed for young aspiring basketball players.

TRANSPORTATION TICKET & FREE DRINKS

(all included in price)

to UNLV FOOTBALL GAME

\$10 per person

Bus leaves HIDE-A-WAY at 7:00 p.m.

Saturday, October 4th

Sponsored by:

Big Al's Hideaway Lounge 648-9919

