
Guide to the

LEE PARK AEROBIC CLASS SCRAPBOOK 1977-1982

.2 linear ft.

Accession Number: 9798-23

Collection Number: 23

**Prepared by Kevin Kendro
September 2000**

CITATION: Lee Park Aerobic Class Scrapbook, 1977-1982, Collection 23, Irving Archives, Irving Public Library.

Historical Sketch

With the popularity of aerobic workouts growing in the late 1970s, a group of women joined together at the Lee Park Recreation Center in the city of Irving and formed an aerobic exercise class. Sigrid Krehbiel volunteered to instruct the class. Mrs. Krehbiel was a first-time instructor, so the class and the teacher learned together.

The small group expanded to a class of about 100, with Mrs. Krehbiel teaching, until she had to bow out due to injury in 1982. Ms. Marty Williams took over the class. In order to promote the class, the group participated in Irving's Main Event in 1977. In 1981, the Irving Cable Television Network produced an exercise program, "Shape Up with Marty," with Marty Williams as the instructor.

Today, the Irving Park and Recreation Department holds regularly scheduled aerobic classes at several of its recreation centers.

Sources:

Lee Park Aerobic Class Scrapbook, 1977-1982, Collection 23, Irving Archives, Irving Public Library.

City of Irving Park and Recreation Department webpage.

Scope and Content Note

The Lee Park Aerobic Class Scrapbook consists of one volume covering the years 1977-1982. The scrapbook is in excellent condition and has been left intact. The volume is made up of a brief history of the class written by Sigrid Krehbiel; and photos of the class exercising at Lee Park recreation center and at the Main Event. There are also photos of the

group attending various group related social functions and photos of the “Shape Up with Marty” program being filmed at Texas Stadium. Also included are copies of continuing education certificates for aerobic and dance classes taken by Sigrid Krehbiel and birthday cards to Mrs. Krehbiel from her classes.

Provenance Statement

The Lee Park Aerobic Class Scrapbook, 1977-1982, was donated to the Irving Archives on November 12, 1997, by Sigrid Krehbiel. Prior to its donation, the scrapbook was in the possession of Mrs. Krehbiel.

Literary Rights Statement

Permission to publish from the Lee Park Aerobic Class Scrapbook, 1977-1982, must be obtained from the Irving Archives, Irving Public Library.

Note to Researcher

For additional information on Sigrid Krehbiel, see Collection 18, The Adopt-A-Spot Scrapbooks, and Collection 19, The Krehbiel Family Scrapbooks.

Container List

Box 1

Vol. 1 Scrapbook, 1977-1982

Contains photos, greeting cards, certificates, and a brief history of the group.