

LIBERTY CALL

Engineman 3rd Class Dan Gulics of USS Port Royal (CG 73) does another set of tricep curls



Bloch Arena:

Sailors, family members take advantage of physical fitness programs

"We try to have programs and classes for everybody, so all fitness levels can come into the gym and exercise," said Patykula. "That's the hard part about getting people to actually set foot in the gym who had never been in a gym before. It can be a little intimidating."

"We try to promote being active more than trying to become a perfect physical specimen," she added. "We try to have different programs aimed at everybody."

PRT classes are free to active duty service members, reservists, National Guard, retirees, DoD and their family members, Navy League and their guests. Additional classes that are not specified PRT are \$1.50 per class for all.

"The emphasis right now in fitness is to help active duty personnel with the new physical readiness test (PRT)," said Patykula. "We have a new program, the PRT Ready class. It's something that the units can have their people come to and the whole idea behind it is to help people get ready for the PRT."

"It's also an educational course, whereas they do exercises and then we give them background education on how they can change lifestyles, so they can be healthier and pass the test, on a long range, not just a short-range basis," she added. "We incorporate the three parts of an exercise program, including cardiovascular exercise, strength training and nutrition."

For those individuals who are new to fitness, Bloch Arena has personal trainers to help get you started with a workout routine.

Gloria Garcia, wife of Signalman 3rd Class Jesse Garcia of Naval Station, hired Tracy Navarrete, one of seven personal trainers at Bloch Arena, because she "needed help doing exercises and did not want to get hurt."

Single sessions or packages of six or 10 are available. "At the initial session, they do a lot of testing for you, set up a program, and talk about your fitness and your health history," Patykula said. "If you'd like, they can also include testing of body fat percentage, blood pressure, aerobic fitness, muscle strength, endurance, or you can just talk to the trainer and they can help you set up a special program."

Hospital Corpsman 2nd Class Donnie Schrader is a physical therapist who attends the gym three times a week. "Working in physical therapy, it's important that for one you're not a hypocrite and also to help promote the wellness and fitness attitudes of the Navy."

"It [Bloch Arena] is one of the best gyms on the island. It has all the equipment I need and it's not very crowded," said Engineman 3rd class Dan Gulics of USS Port Royal (CG 73), who uses the facilities at Bloch Arena about six times a week.

"It's important to look good in Hawaii to hit the beaches, as well as live a healthy lifestyle," he added.

Massage therapy is available to release the stiffness and pain that many may endure in their quest for fitness. They offer all kinds of different therapies that range from a ten minute "Quick Relaxer" to the One and a half-hour "Extended" treatment, to name a few. Massages are available by ap-

pointments and should be scheduled 24 hours in advance. Bloch Arena is open from 4 a.m. - 9 p.m. Monday-Friday, and from 7 a.m. - 5:30 p.m. Saturday and Sunday. For more information on Bloch Arena, call 473-0793.

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ITH the new physical readiness standards looming over service members, many are in a rush to improve their fitness levels in time for the next test. The Pearl Harbor Bloch Arena offers various programs to help individuals meet above the new standards.

According to Ida Patykula, Bloch Arena fitness manager, the gym includes a free weight area with weight training, a circuit training area and a cardiovascular area which includes steppers, treadmills, cross-trainers, and stationary bikes. Additional facilities within Pearl Harbor's Morale, Welfare and Recreation Fitness Department include Makalapa, Naval Computer Telecommunications Area Master Station (NCTAMS), Barber's Point and West Loch.

"Our goal is to get as many people active in fitness as possible, including family members," Patykula said. "It doesn't do any good to get an active duty person real healthy if then they go home and the family members aren't interested in being healthy and active."

Bloch Arena's group fitness classes are offered all day, weekdays, with some classes held on weekends at select locations. Classes range from beginner levels to more advanced levels, incorporating step classes, jazzercise, kickboxing, basic training class, and Tai Chi, with new classes being offered in the fall.



J03 Brenda M. Diggs photo



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Trainer Tracy Navarrete (above) gives weightlifting advice to Gloria Garcia. Participants work on their abdominals and lower back in the group fitness class Absolution. (lower left) The class is offered every Tuesday and Thursday at Bloch Arena.

Alexandria Rhuland, (left) wife of Interior Communications Electrician 2nd Class Joshua Rhuland of USS Fletcher (DD 992) and Photographer's Mate 3rd Class David Rauser of Security West Loch (lower right) take advantage of the many treadmills available in Bloch Arenas cardiovascular room.

Story by J03 Erin Carlson