

Liberty Call

Bloch Arena Fitness Center: Many paths to fitness



Left: Yvette Shelton, one of Bloch Arena Fitness Center's kickboxing instructors, leads a class in one of the many challenging moves conducted throughout the class. Above: A step aerobics class participates in various sport drills, interval training with light weights and choreographed moves.

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NAVY REGION HAWAII

Whether you want to gain muscle mass, lose body fat or improve your cardiovascular muscle, Bloch Arena Fitness Center is here to help. Bloch Arena personnel realize that everyone has different needs and wants when it comes to fitness; therefore, they offer a wide variety of fitness programs.

"The hardest part of getting started and getting motivated to go to the gym is putting your gym shoes in the car," says Judy Kosaka, regional fitness director. "Once they are in the car, then on the feet, you can make it a habit. You've got to change your bad habits to good habits."

Many people have made those traditional New Years resolutions to lose weight, eat better or to just improve their overall health. Well, Bloch Arena can help you with those goals whether it's through weight management, personal training, numerous aerobic classes, PRT training classes and more, according to Kosaka.

"We offer beginner classes for people who are just starting out or who may be timid about first coming to the gym," said Kosaka.

"Most of the aerobic classes are cardiovascular to improve your heart which is an important muscle that needs to be exercised," said Kosaka. By working the heart you are also burning calories which results in weight loss."

The variety of classes range from the 'young at heart' low-impact workout, which includes balance, strength conditioning and flexibility moves, to the kickboxing class which consists of non-contact punching and kicking combinations set to high-energy music for an overall effective cardiovascular workout.

The following is a short description of other classes offered at Bloch Arena.

Basic Training:

For a more intense and mind-challenging workout, Bloch Arena offers 'Basic Training by Fish' twice a day every day of the week. This is a workout for all levels, but be prepared to be challenged.

Cycling:

An indoor cycling class, which is offered four days a week, is targeted to improve cardiovascular conditioning and endurance. Bloch Arena also offers a 30-minute strictly abdominal class for those who want to achieve that "six-pack" look.

"Another key part of fitness is having fun, so we try to offer things for everybody," said Kosaka.

Maternal Fitness:

Bloch even offers a pre/postnatal class to

help new moms and moms-to-be prepare for a healthy delivery or to get back into shape after delivery.

Personal Training:

In addition, servicemembers seeking more personal fitness attention can now take advantage of the services offered by a personal trainer through a new program called personal training time. Twice a week in the morning and afternoon, a personal trainer will be available to assist you in developing a training program, improving your PRT scores, learning how to decrease your body fat, lowering your running time or learning proper lifting techniques. Also, the second Saturday of the month a free introduction to the life fitness equipment is offered to everyone.

"A trainer will go through the cardiovascular section of the gym and show people, individually, the different uses for the equipment," said Kosaka. "The personal training time allows people to come in and ask all their questions about working out."

Weight Management:

A six-week weight management class will teach you a range of adjustments needed to achieve the fitness goal you are trying to reach.

Karate:

A karate class has been implemented for an all-around body conditioning and character development. The class is in place to produce a well balanced, self-confident person who is able to avoid conflict, but is skilled to defend when necessary.

Yoga:

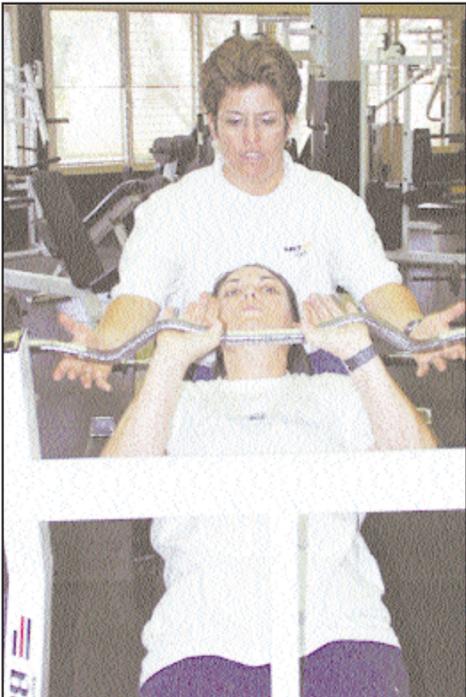
For anyone looking for a productive way to relieve some stress, yoga might just be the answer. This class will help controlled, fluid movement with elongation and breathing techniques to create flexible strength. Or for some real relaxation and to release some of the pressures of everyday life, try out one of the eight types of massages offered at the massage treatment office at Bloch.

"Everybody thinks they don't have time, but if you put it [working out] into your schedule, if you plan it, you can make it happen and it becomes addictive," said Kosaka. "People neglect themselves in today's society. We have to make time for ourselves."

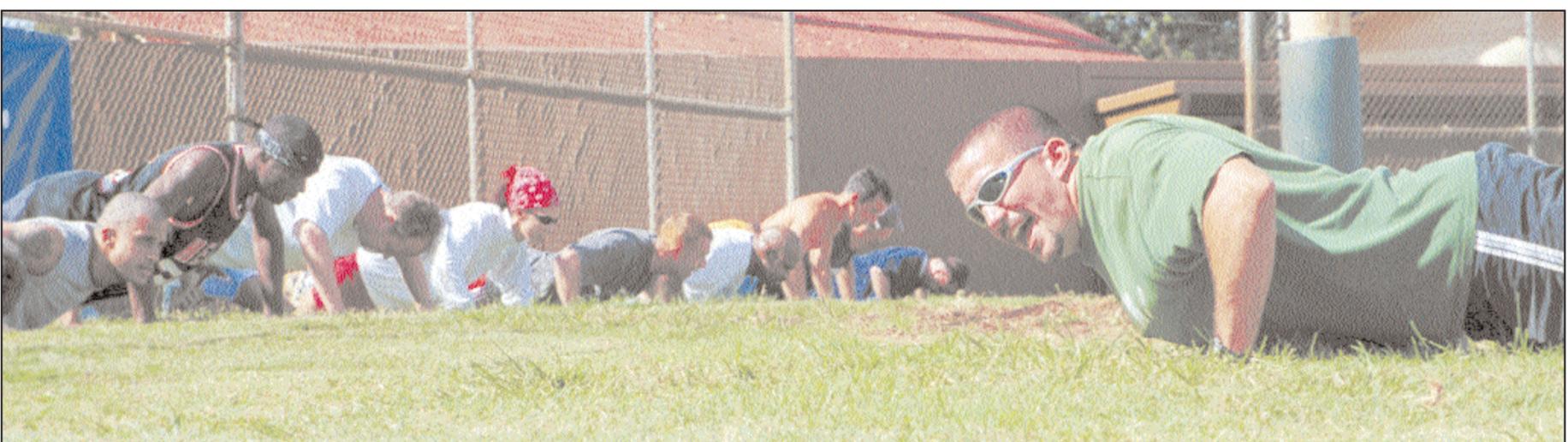
Additional info:

Classes are also offered at Barbers Point, NCTAMS and West Loch. All classes are open to active duty and their family members, reservists, retirees, DoD and Navy League personnel.

For more information on classes, call 473-0793 or check out the MWR website at <http://www.mwrph.navy.mil>.



Above Left: Bloch Arena's Personal Trainer, Tracy Navarrete, trains DT1 Kelly Wheeler in some arm curls and presses. Top right: Members participate in an indoor cycling class that targets cardiovascular conditioning and endurance. Bottom right: Members use some of the many treadmills scattered throughout Bloch Arena Fitness Center. There are also a variety of free weights, Nautilus machines, bicycles and more available at the fitness center.



Wayne Fisher leads the 'Basic Training by Fish' class in push-ups, one of many exercises that are included in the class. This workout is for all levels, but produces a great challenge over mind and body.