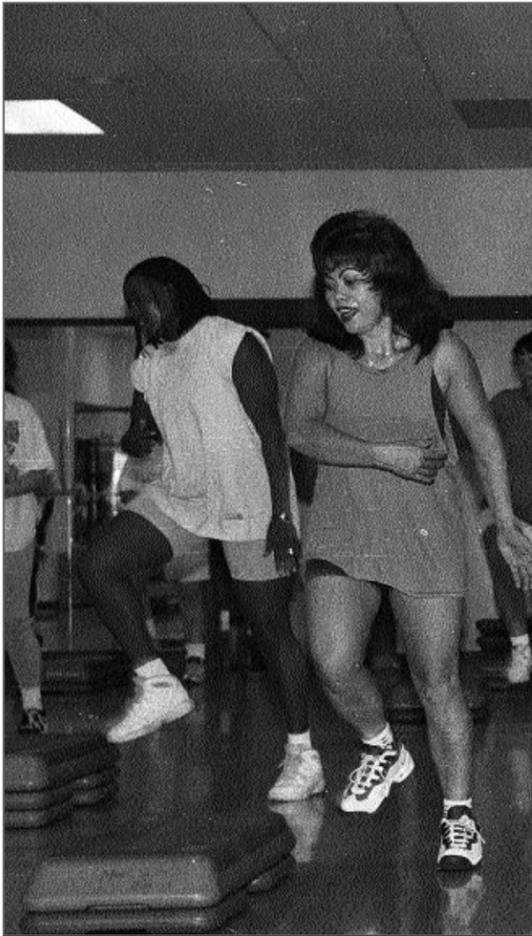


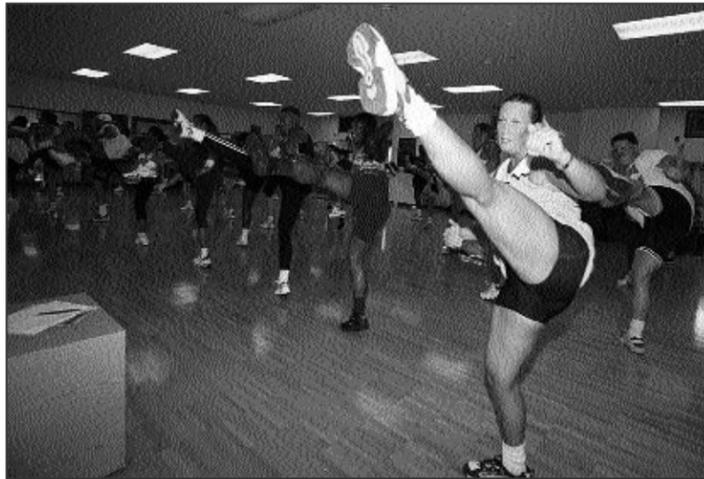
LIBERTY CALL

Get into shape with Group Exercise



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Members enjoy a workout as they step to music to stay fit. Step aerobics is offered at many different levels. From beginner to intermediate, it is a great way to tone and stay healthy.



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Members enjoy a Cardio Karate workout at Bloch Arena. Cardio Karate increases your heart rate and tones your muscles throughout your body with kicks and punches.

MWR offers a fun way to stay fit, have fun

By J03 Brenda Diggs
HNN ASSISTANT EDITOR

Get in shape in a fun way and feel great with your Morale, Welfare and Recreation Center's Group Exercise Program.

A wide variety of classes are offered at Bloch Arena, Barbers Point, Subase Gym, Ford Island and Naval Computer Telecommunication Area Maintenance Systems, Pacific (NCTAMS).

Check out Step Aerobics, Cardio Karate, Low Impact and much more. These classes offer a variety of ways to stay in shape for beginners and people who are advanced in fitness.

These "group" classes are designed to help everyone understand that aerobic type classes are not just for athletes, according to Lani Nevil, fitness director for MWR.

"Fitness is achievable by everyone," said Nevil. "Fitness is not a sport. We need to get that image

out of people's heads."

"We created programs that involve the entire group. A group of people can support each other in their common goal...fitness," said Nevil. "These classes also forms a camaraderie with people."

"These classes give people one more opportunity to provide options in exercise and make it more enjoyable," said Nevil.

"You just need to find your cup of tea. Weightlifting or cardio karate may be someone's cup of tea, as Step or Tai Chi may be someone else's," said Nevil. "You need to try different things to figure out what works best for you and your body."

For the most current classes, day and times see schedule below or for more information contact the fitness centers at Pearl Harbor 473-0793, Subase 473-2436, Barbers Point 682-4842 and NCTAMS 653-5542.

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6 a.m.	Step Circuit* (Bloch Arena)		Step Circuit * (Bloch Arena)				
8 a.m.						Tai Chi (Bloch Arena)	
8:30 a.m.	Jazzercise (Bloch Arena)	Step Interval (Bloch Arena)	Jazzercise (Bloch Arena)	Step Interval (Bloch Arena)	MWR Kickbox Fitness (Bloch Arena)	MWR Kickbox Fitness (Bloch Arena)	MWR Kickbox Fitness (Bloch Arena)
9 a.m.	MWR Kickbox Fitness (Barbers Point)	MWR Kickbox Fitness (Barbers Point)	MWR Kickbox Fitness (Barbers Point)	MWR Kickbox Fitness (Barbers Point)	MWR Kickbox Fitness (Barbers Point)		
11 a.m.		Abs (Bloch Arena)		Abs (Bloch Arena)			
11:15 a.m.	Step (NCTAMS)		Step (NCTAMS)	Kick & Punch (NCTAMS)			
11:30 a.m.	MWR Kickbox * Fitness (Bloch Arena & Subase)	Step Challenge * (Bloch Arena)	MWR Kickbox * Fitness (Bloch Arena & Subase)	Step Challenge* (Bloch Arena)	MWR Kickbox * Fitness (Bloch Arena)		
	Basic Training* (Bloch Arena)	Basic Training* (Subase)	Basic Training* (Bloch Arena)	Basic Training* (Subase)	Basic Training* (Bloch Arena)		
		MWR Kickbox* Fitness (Ford Island)		MWR Kickbox* Fitness (Ford Island)			
12:15 a.m.	Step* (NCTAMS)	Step* (NCTAMS)		Kick & Punch* (NCTAMS)			
4:30 p.m.	Step Challenge (Bloch Arena)	Hi/Lo Impact (Bloch Arena)	Step Challenge (Bloch Arena)	Hi/Lo Impact (Bloch Arena)	Double Step (Bloch Arena)		
5 p.m.	MWR Kickbox Fitness (Barbers Point)	Step (Barbers Point)	MWR Kickbox Fitness (Barbers Point)	Step (Barbers Point)	MWR Kickbox Fitness (Barbers Point)		
5:45 p.m.	Body Sculpting (Bloch Arena)	MWR Kickbox Fitness (Bloch Arena)	MWR Kickbox Fitness (Bloch Arena)	MWR Kickbox Fitness (Bloch Arena)			
7 p.m.		Tai Chi (Bloch Arena)		Tai Chi (Bloch Arena)			

* Symbolizes PRT Classes