

# SHAPE *Your Life*

**BLOCH ARENA AEROBIC ROOM 11:30 a.m. - 12:15 p.m.**

**MONDAY**  
Boot Camp

**TUESDAY**  
Strength/Core

**WEDNESDAY**  
Boot Camp

**THURSDAY**  
Operation Fitness  
& Fueling Series

**FRIDAY**  
Cycle Fit

## **WILD CARD CLASS**

**Tuesday & Thursday | 4 – 4:45 p.m.**

### **MAKALAPA FITNESS CENTER**

Each session will be a different class focusing on the basic components of fitness.

**SHAPE** fitness specialists Leah Okner and Chasen Hasan conduct **FREE** fitness classes for all Navy personnel 40 years of age and older.\* Group exercise classes provide a complete workout designed to burn calories and maintain strength.

Family members are welcome to the group exercise classes.

**"Stay healthy. Stay fit. Stay Navy."**

\*SHAPE is a free program designed to give active duty sailors age 40 and over the help that they need to maintain good health and nutrition.

For more info, call 473-0793 or visit

[www.greatlifehawaii.com](http://www.greatlifehawaii.com)

