

MWR Fitness & WELLNESS FAIR

WARD FIELD PEARL HARBOR
WEDNESDAY, MAY 19 • 3:30 PM - 7 PM

FREE

BE PREPARED TO SWEAT AND ATTEND THE MINI-WORKOUTS!

Introductory sessions lasting 15 - 20 minutes lead by professional trainers.

- ◆ RPM CYCLING
- ◆ KICKBOXING
- ◆ YOGA
- ◆ NAVY OPERATIONAL FITNESS AND FUELING SERIES (NOFFS) DEMO
- ◆ CORE CONDITIONING
- ◆ SHAPE CHALLENGE (Active Duty 40 yrs & older)



Open to all authorized MWR patrons call 473-0793 or visit www.greatlifehawaii.com

ENTERTAINMENT:

- ◆ LIVE DJ
- ◆ ZUMBA
- ◆ CARDIO KICKBOXING
- ◆ BELLY DANCING WITH MALIA



◆ WORKOUT WITH GILAD

Visit our Fitness Vendors, travel from booth to booth, gather goodies, sample nutritional snacks and beverages, and soak in an abundance of information.

FREE HEALTH EVALUATIONS FOR

- Blood Pressure
- Body Fat Analysis

REGISTER ONLINE FOR **AMERICA'S 1.5 MI KIDS RUN** **FREE** Starting at 3:45 PM

Focusing on our Health!

- ◆ Take a Shot at the Basketball Shoot-out
- ◆ FREE 5-minute Chair Massage
- ◆ Take a Swing at the Batting Cage
- ◆ Baseball Pitch Speed Gun Testing
- ◆ Tennis Serve Speed Gun Testing
- ◆ Feel Like a Million (<http://hickam.ifeellikeamillion.com>)
- ◆ Challenge Yourself at the Youth Obstacle Course
- ◆ Climb the Rock Wall (open to big kids as well)
- ◆ Other Activities for your Enjoyment



FIT FAMILY SCAVENGER HUNT

Test your family's Health and Fitness IQ? Be entered into a FREE giveaway upon completion.

VENDORS FROM:

- ◆ Pearl Harbor Sailing Club
- ◆ Pearl Harbor Canoe Club
- ◆ Ocean Concepts Scuba & Water Sports Adventure Center
- ◆ Unique or Specialized Sporting Groups
- ◆ Latest Trends and Products
- ◆ Complimentary and Alternative Methods of Healing
- ◆ Organic, Specialized Foods, and More!

