

# SPORTS

## Getting in shape and feeling good

By Randy Irvine

An ancient greek philosopher once remarked, what a terrible waste it was that so few men and women will ever develop to or know of the great potential of their physical bodies.

Apollo and Aphrodite are reminders of what beauty can be achieved in human form. If you have ever had the desire to look like a greek god or goddess, now is the time to do it.

The McNair Gym has nine new machines for toning and shaping the body. The instructors at the gym will show you how to use the machines for maximum results. Also, you can use them in conjunction with the universal machine and the olympic weights for a fully rounded bodybuilding routine.

You can achieve the look you want. Make a mental image of yourself, how you



want to look, and shoot for it.

Once you have your health, and begin to see the results of your efforts, no one can take it away from you.

Regardless of whatever everyone else is doing, you can take that step to physical fitness and beauty and take your rightful place beside....Apollo! (Sgt. Irvine is the HHC Brigade Re-up NCO.)

### A little moonlight fun ?

Come on out for a little moonlight fun at the McNair Bowling Center (located behind the gym).

Starting in November, the first Saturday of every month will feature "Moonlight Bowling" from 7 p.m. to 9:30 p.m.

Lanes are available on a first come first serve basis, and bowlers are limited to three games each if there is a waiting list. Cost is 60 cents a game and 30 cents shoe rental.

### Boxing smoker

McNair Gym will sponcer the Frankfurt invitational Boxing Smoker on November 20 and 21. Fights will start both days at 2 p.m. Call 2315-635 for more information

### Boxing team at Betts Gym

Signups are underway for the Frankfurt MILCOM Boxing team. It's open to all Military personnel and no experience is necessary.

Practice will be held at Betts Gym, Monday thru Friday, 5p.m.- 7p.m. For more information call the Frankfurt Sports Office at 2311-6292/8379.