

STRONG B.A.N.D.S. EVENTS

at USAG LIVORNO



Monday, May 7 – Sunday, May 20

Half Ironman Triathlon Challenge

So, you think you're an athlete? Get ready for the ultimate challenge! Swim 1.2 miles, bicycle 56 miles and run 13.1 miles in the span of 2 weeks. Track your & others progress on our chart in the Fitness Center. The base pool will be open Monday-Friday from 11 a.m. – 1 p.m. for swim miles. (\$10 Registration Fee, Register April 18 – May 4)



Monday, May 7

TRX Suspension Straps Demo

It's one of the newest tools of the fitness trade. All of our major body movements are generated from the "core" of our bodies. Come to observe a demonstration of this unique training tool or, better yet, come dressed to participate! Guaranteed to test your strength and balance. This demo is Free.



Begins May 14 (Mon, Wed, Fri | Noon-12:45 p.m.)

Aqua Zumba/Fitness

Join us at the Camp Darby pool for an aquatic experience. Aqua Zumba/Fitness is low impact but very beneficial for all populations. The pool is heated so come on it, the water's fine! The first class is Free, additional classes cost \$4 per class.



Tuesday, May 15 & 22 (5:15-6:15 p.m.)

Swim Stroke Clinic

Know how to swim but want to get better? Get some tips on your stroke from a former high school team captain and collegiate at the University of Florida. Focus is on refinement and efficiency of your technique.

This clinic is Free.



Saturday, May 19 (9 a.m.)

Swim Meet

Sign up for any or all events to be held at this inaugural swim meet at the Camp Darby Pool. Must have a minimum of 4 people registered for each event for that event to run! Awards for 1st, 2nd, 3rd male and female in each event.

This Swim Meet is Free.

STRONG B.A.N.D.S.

BALANCE • ACTIVITY • NUTRITION • DETERMINATION • STRENGTH

3 STEPS

1 Attend featured fitness events at your garrison

2 Get your band and wear it throughout May to show your commitment to a healthy lifestyle

3 Visit the Strong B.A.N.D.S. website for fitness tips and prizes every day in May!



For more info call 633-7438. | www.livornoMWR.com.
armymwr.com/strongbands