IT'S PT TIME!

Camp Walker Kelly Physical Fitness Center

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21 August 2001

DAEGU, Republic of Korea -- Just because soldiers are involved in an exercise does not mean they should skip their physical training. Here at Camp Walker, the Kelly Physical Fitness Center is available to ensure a place for soldiers to get an efficient physical workout.

The Kelly Fitness Center is one of the prides of Camp Walker. It is located in Building S-261, between the Soldier's Memorial Chapel and the Camp Walker Post Office.

The center has biomechanically correct fitness equipment available as well as other programs for those who want to stay active while at Camp Walker.

There are many ways to get fit, and cardiovascular exercise is among the best methods for an aerobic workout. The center has a spacious cardiogram room with the latest cardiovascular machines, running, step-masters and bicycles machines to go around. In the weight room, off-shift soldiers can work their muscles on clean and spotless machines while listening to soothing music played on the interior speakers. If you are unfamiliar with the equipment, the Fitness Center Staff will be happy to assist you by appointment.

"We are open from 4 a.m. to midnight. There is always an attendant standing by to assist you," said Mr. Pae, Yun-Hyun, a sports specialist with the center.

In good weather conditions, there are several outdoor areas to play tennis, basketball and baseball for some enjoyable competitive sport. The center also has a grassy outdoor sports field where soldiers can play football or soccer.

If the weather turns bad, soldiers have a choice between racquetball, basketball or volleyball in spacious indoor courts.

Raquets, various kinds of balls, basketball shoes, towels and equipment can be loaned to valid identification card holders. The Kelly Fitness Center has something for everybody.

"I like it here. There are many new varieties of machines here better than anywhere else," said Pfc. Eric Provence, 188th Military Police Company.

Feeling hot and sweaty? How about a swim? There is a 25-meter indoor swimming pool with five lanes, which opens from 5 a.m. to 8 a.m. and again from 10 a.m. to 8 p.m. for the duration of the exercise.

The Center staff has a tip for those who want to use the facility. "If you want to avoid busy hours, avoid the gym during the peak hours between 5:30-7:30 a.m. and 6-8 p.m. Those are the busiest hours," advised Mr. Kim, Tae-Son, a part-time assistant with the center.

For more information 764- 4225 or 764-4253.