

SPORTS

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COMPETITION

A 1,600-mile "race to the White House" is open to all East and West Fitness Center users. The first person to reach 1,600 miles on a treadmill, bike, cross

trainer, rower, track or stepper, is declared the winner. Free water bottles are given to participants. Call the West Fitness Center at 846-1068.

CLASSES

The East Fitness Center offers a Brazilian Jiu Jitsu Class, Monday-Friday, 11:30 a.m.-1 p.m. The free class

is on Racquetball Court 3. It is a new, sophisticated martial art that is gaining popularity as an exciting sport and an effective method of self defense. Sign in at Racquetball Court . Call 846-1102 for more information.

Water aerobics is offered on a pay-by-session basis, Mondays, Wednesdays and Fridays, 10-11 a.m., and 11a.m.-noon; and Mondays and Wednesdays, 5:30-6:30 p.m.

The East Fitness Center has two personal trainers on-call. Trainers are James Allison, Certified International Fitness Professional Association and Diane Cabral, Certified National Strength and Condition Association Personal Trainer. Cost is \$25 an hour. Call 846-1102.

East Fitness Center fall aerobics schedule set

MONDAY

6 a.m. PT Prep
9:30 a.m. Low Impact
11 a.m. Step
12:30 p.m. Lunch Crunch
5 p.m. Step

WEDNESDAY

6 a.m. PT Prep
9:30 a.m. Low Impact
11 a.m. Step
12:30 p.m. Lunch Crunch
5 p.m. Cardio Boxing
6 p.m. Yoga 101

FRIDAY

6 a.m. PT Prep
9:30 a.m. Low Impact
11 a.m. Step
12:30 Lunch Crunch

TUESDAY

11 a.m. Step
Noon Power Yoga
4:30 p.m. AB Labs
5 p.m. Step Boxing

THURSDAY

11 a.m. Step
Noon Power Yoga
4:30 p.m. AB Labs
5 p.m. Step

SATURDAY

9:30 a.m. Step and Sculpt
11 a.m. Yoga

Intramural flag football standings

58 MXS #1	10-2
898 MUNS	9-2
MED OPS	8-3
DET-1, TRS	8-3
LRS	7-4
SFS #1	7-5
AFRL	4-7
SMC/DET-12	3-8
HQ AFOTEC	2-9
AIRBORNE LASER	0-15

SPORTS



Airborne

The Diamondbacks' goalie dives to intercept an attempt by Raymond Jaramillo (right) during the game at Arroyo Del Oso on Sunday. Jaramillo scored twice for Kirtland AFB's Red Devils helping them win 5-2. Their next game will be on Oct 10, at the Farmer's Insurance Soccer Tournament Complex in Bernalillo. The game kicks off at 3 p.m.