Contest Prep for the Competitors

Who: Stefanie Basso, Kamuela Chun and Edgar Agonias

What: Learn tips on how to become a great fitness competitor

When: Wednesday, October 23rd

Time: Noon – 1:00p.m.

Where: Campus Recreation SLC #124 – Aerobics Room 2

Have you ever thought about competing in a fitness pageant or body building competition? Well, here is your chance to learn what it takes! Come and learn from professional body builders and a fitness pro competitor on what it takes to compete. You will also learn some practical and useful tips on how to prepare for the day, wardrobe and hair advice, tips for stage presences and many more useful tips.

Sign up today at the weight room desk!

For more information, please call Valerie Yamaki, Fitness Coordinator at (808) 933-7632.