

SCHOFIELD HEALTH & FITNESS CENTER

PHYSICAL TRAINING (PT) CLASS REQUEST FORM

The Health & Fitness Center offers fitness classes to all military units. Please read the following information about our program, and sign below in agreement:

1. The PT classes are offered Monday- Friday (**by appointment only**) from 6:30am – 7:30am. You can meet in formation outside the gym. Unit must arrive and be set up for class by 6:40am or will be considered a “no show” and no refunds or rescheduling will be allowed.
2. Payment for the class must be received at the Health & Fitness Center seven (7) days prior to the date of the scheduled class. Classes will only be reserved on the schedule AFTER payment has been made. Call Steven Webb at 808-655-5975 for appointments or rescheduling.
3. Class Fee: \$35. Initial here that you have read, understand, and agree to the refund policy _____
4. Class Changes /REFUNDS/ RESCHEDULING must be made 48 hours prior to the scheduled class date and time (by 0630 48 hours prior). NO rescheduling/refunds will be allowed inside the 48 hour period prior to the class. For refunds, rescheduling, or cancellations call Steven Webb at 808-655-5975. Verbal contact must be made, and changes acknowledged, by Mr. Webb. Units are allowed one (1) rescheduling date. If the class is not completed on this rescheduled date, no refunds will be allowed.
5. Please be specific on the number of soldiers in attendance, as certain class formats are limited by size/equipment or floor space restrictions.
6. Classes are taught by certified and insured fitness instructors. You may choose from the following class formats:
 - a. **Group Cycling (Spin):** An interval type class that simulates hills, sprints, and downhill racing in which the focus is cardiovascular, power, and endurance training. Class size is limited to number of bikes available (19).
 - b. **POUND:** Using lightly weighted Ripstix, this full body workout combines cardio, conditioning and strength training with yoga and pilates-inspired movements. Equipment provided.
 - c. **MixedFit:** A dance fitness program that mixes explosive dancing and boot camp toning. The choreography is simple and requires no equipment. Includes bodyweight movements such as squats, jumping jacks, punching etc.
 - d. **Functional Fitness:** A type of strength training that readies your body for daily activities. These movements prep you for real-life, daily living stuff like bending, twisting, lifting, loading, pushing, pulling, squatting and hauling.
 - e. **Yoga:** An ancient practice that involves physical poses, concentration and deep breathing. A regular yoga practice can promote endurance, strength, calmness, flexibility, well-being and quality of life.

Name: _____ Unit: _____ Phone: _____

Email: _____ # Participants: _____ Cost: \$35.00

Type of class: _____ Date of class: _____ Instructor: _____

Signature: _____ Today's Date: _____ Paid Date: _____

Health & Fitness Center
1554 Trimble Rd, Bldg 582
Schofield Barracks, HI 96857

Please turn in completed form to the address above or email to steven.b.webb.naf@army.mil