

SCHOFIELD BARRACKS

Health & Fitness Center

GROUP AEROBICS

	MON	TUE	WED	THUR	FRI	SAT
8:30 to 9:30 a.m.	R.I.P.P.E.D. Carlie	Cycle Carlie	Muscle Pump Janelle	Cycle Heidi	R.I.P.P.E.D. Carlie	Pilates Janelle 7:30am
9:45 to 10:45 a.m.		Pilates Janelle	Pilates Janelle	Pilates Janelle		Zumba Liliana 8:30am FREE
4:30 to 5:15 p.m.		Gentle Yoga Janelle	Pilates Janelle	Core Conditioning Kristen		Insanity Liliana 9:45am
5:30 to 6:20 p.m.	Cycle Carlie	Tabata Janelle	Turbo Kick Liliana	Zumba May 9, 16, 23, & 30th Paula		
6:30 to 7:20 p.m.	STRONG Liliana	Yoga Sweat Eryn	P90X Liliana	Yoga Sweat Eryn		

Facility Hours: M - F 6:00 am - 7:30 pm, Saturday 7:00 am - 2:30 pm. 1554 Trimble Rd, BLDG 582

HFC Rates

Single Class \$ 4
 Ten Pack Book \$ 35
 Monthly Unlimited \$ 45

Personal Training

Available 6 days a week by appointment.
 808-655-5975
 3 for \$99 Special!

Unit PT Fitness Classes


0630 - 0730 Daily
 By appointment only. \$35 fee.
 Cycle, Yoga, Bootcamp, Tabata,
 R.I.P.P.E.D., Pilates,
 Core Conditioning, etc.

Interested in becoming a Personal Trainer or Group Instructor for USAG - Hawaii?
 Contact 655-5975







Group Aerobics Class Descriptions Schofield Health and Fitness Center




Zumba- A low impact, yet high energy cardiovascular workout utilizing Latin influence and hip hop dance choreography.




Cycle- A cardiovascular, 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 at the facility.




R.I.P.P.E.D. (Resistance, Intervals, Power, Plyometrics, Endurance, & Diet) - Exercises based around having muscles exert maximum force in as short a time as possible, with the goal of increasing both speed and power. An interval / circuit style class format.




Yoga Sweat- Postures and movements designed to increase strength, flexibility, balance, and relaxation. Class offers variations from beginner to advanced.




Gentle Yoga- Acceptable for all levels, but intended for beginners, or those looking for a more relaxed practice.




Turbo Kick- A fun and high energy class which includes contact-free kicking, punching and combination moves that are intended to challenge your muscular and cardiovascular systems.




STRONG- A choreographed strength training and cardio routine. Enjoy a full body program that is designed to move to the beat. Enjoy your workout while you sweat with the music.



Insanity/P90X- This class is a high intensity, full body strength and cardio workout that will challenge you time after time.



Tabata - This time focused class sets up specific GO and REST intervals such as :40 go to :20 rest for 4 rounds. The exercises are mixed between strength and cardio. This class will surely get your heart pumping!



Pilates- This mat based class will help to strengthen your core, gluteus, hips, and more. Specifically designed moves will target muscles you've never uncovered in the past!



Muscle Pump- This full body focused workout will surely build your strength and

