

SCHOFIELD BARRACKS

Health & Fitness Center

GROUP AEROBICS

Beginning 4 JANUARY 2020

	<u>MON</u>	<u>TUE</u>	<u>WED</u>	<u>THUR</u>	<u>FRI</u>	<u>SAT</u>
8:30 to 9:30 a.m.	●	●	●	●	●	●
9:45 to 10:45 a.m.	●	●	●	●	●	●
4:30 to 5:15 p.m.		●	●	●		●
5:30 to 6:20 p.m.	●	●	●	●		
6:30 to 7:20 p.m.		●		●		

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.E.D.,
Pilates, STRONG, Zumba, etc.

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

SCHOFIELD BARRACKS

Health & Fitness Center

GROUP AEROBICS

*** Beginning 4 JANUARY 2020 ***

	<u>MON</u>	<u>TUE</u>	<u>WED</u>	<u>THUR</u>	<u>FRI</u>	<u>SAT</u>
8:30 to 9:30 a.m.	Green	Pink	Light Blue	Purple	Orange	Pink
9:45 to 10:45 a.m.	Green	Pink	Light Blue	Purple	Orange	Pink
4:30 to 5:15 p.m.		Pink	Light Blue	Purple		Pink
5:30 to 6:20 p.m.	Green	Pink	Light Blue	Purple		
6:30 to 7:20 p.m.		Pink		Purple		

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, STRONG, Zumba, etc.

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