

HMR PHYSICAL FITNESS CENTER

Open to all DOD ID
Cardholders ages 18 and older.

**Register
at HMR PFC**

**Cost:
\$5 per person**

HMR PHYSICAL FITNESS CENTER

PULL UP CHALLENGE

Put away your sweaters and long sleeves.
Winter is gone, it is time to pull up to summer.

THROUGHOUT THE MONTH OF MAY COMPLETE
250 PULL-UPS
AND RECEIVE A PRIZE.

Scan the QR Code for hours of operation



For more information, call us
at (808) 787-7460.

441 Kuapale Road, Bldg. 25
Wahiawa, Hawaii 96786

**2025
STRONG
B.A.N.D.S.**

BALANCE ACTIVITY RESILIENCE DETERMINATION STRENGTH

HiMWR.com or MWR HAWAII

LET'S GET PHYSICAL!

#STRONGBANDS
armymwr.com/strongbands

