

# DECEMBER 2024

## FITNESS CLASS SCHEDULE

Schofield Barracks  
Health & Fitness Center

Monday - Friday  
5 a.m.-8:30 p.m.

Single Class: \$4  
(Credit/Debit Card Only)

For more information, call  
(808) 787-5739.

Open to all DOD ID Cardholders.

Unit PT Fitness Classes: 6:30-7:30 a.m. (Appointment only).

Spin  
Coach Carlie

Spin  
Coach Heidi

Zumba  
Coach Ashley E.

Special  
Event

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	Spin 5:30 p.m. 3	Spin 9 a.m. Zumba 6 p.m. 4	5	6	WAAF Pearl Harbor Commemoration 4K Run/Walk @WAAF 7
8	9	Spin 5:30 p.m. 10	Spin 9 a.m. Zumba 6 p.m. 11	12	13	14
15	16	Spin 5:30 p.m. 17	Spin 9 a.m. Zumba 6 p.m. 18	19	20	21
22	23	Holiday Gym Hours 5 a.m.-1 p.m. 24	MERRY CHRISTMAS 25	Holiday Gym Hours 7 a.m.-3:30 p.m. 26	27	28
29	30	Holiday Gym Hours 5 a.m.-1 p.m. 31		Join Our Facebook Group: Army Fitness Hawaii		 Army Fitness Hawaii Facebook Group



HiMWR.com or MWR HAWAII

