

SEPTEMBER 2025

FITNESS CLASS SCHEDULE

Lee 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 Heidi

Special
Event

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	HAPPY 1 <i>Labor Day</i> Gym closed	2	3 <u>Spin</u> 9 a.m.	4	5	6
7	8	9	10 <u>Spin</u> 9 a.m.	11 911 Stair Climb Memorial Challenge @All PFC (excluding WAAF)	12	13
14	15	16	17 <u>Spin</u> 9 a.m.	18	19	20
21	22	23	24 <u>Spin</u> 9 a.m.	25	26	27 Wurst 5K Fun Run @Weyand Field
28	29	30	Spin 9 a.m.	Join Our Facebook Group: Army Fitness Hawaii		 Army Fitness Hawaii Facebook Group