

# **SCHOFIELD HEALTH & FITNESS CENTER**

## **PHYSICAL TRAINING (PT) CLASS REQUEST FORM**

The Health & Fitness Center offers fitness classes to all military units. Please read the following information about our program, and sign below in agreement:

1. The PT classes are offered Monday- Friday (**by appointment only**) from 6:30am – 7:30am. You can meet in formation outside the gym. Unit must arrive and be set up for class by 6:40am or will be considered a “no show” and no refunds or rescheduling will be allowed.
2. Payment for the class must be received at the Health & Fitness Center forty-eight (48) hours after confirmation email. Classes will only be reserved on the schedule AFTER payment has been made. Call Patti Ishiki at 808-787-5737 or Micah Clemens at 808-787-3984 for appointments or rescheduling.
3. Class Fee: \$35. Initial here that you have read, understand, and agree to the refund policy \_\_\_\_\_
4. Class Changes /REFUNDS/ RESCHEDULING must be made 48 hours prior to the scheduled class date and time (by 0630 48 hours prior). NO rescheduling/refunds will be allowed inside the 48 hour period prior to the class. For refunds, rescheduling, or cancellations call the Health and Fitness Center at 808-787-5739. Verbal contact must be made, and changes acknowledged, by Ms. Ishiki or Mr. Clemens. Units are allowed one (1) rescheduling date. If the class is not completed on this rescheduled date, no refunds will be allowed.
5. Please be specific on the number of soldiers in attendance, as certain class formats are limited by size/equipment or floor space restrictions. Classes are taught by certified and insured fitness instructors. You may choose from the following class formats:

a. **Group Cycling (Spin):** An 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 the number of bikes available (19).**

b. **Mixed Fit/Power Pulse:** A dance fitness program that mixes explosive dancing and boot camp toning. The choreography is simple and requires no equipment. Includes bodyweight movements such as squats, jumping jacks, punching etc. Power Pulse is a workout that is designed to boost fitness levels through a mix of dynamic bodyweight exercises, cardio, and strength training, resulting in a rhythmic journey that elevates your heart rate (Available on **Fridays only**)

c. **Yoga:** A practice that involves movement and breath that can both lengthen and strengthen muscles.

d. **Zumba:** A form of aerobic fitness exercise based on Latin American dance rhythms. The choreography is simple and easy-to-learn. This dance class features high- and low-intensity intervals that help improve cardiovascular fitness while also enhancing balance, coordination, agility and strength. (Available on **Tuesdays and Wednesdays only**)

Name: \_\_\_\_\_ Unit: \_\_\_\_\_ Phone: \_\_\_\_\_

Email: \_\_\_\_\_ # Participants: \_\_\_\_\_ Cost: \$35.00

Type of class: \_\_\_\_\_ Date of class: \_\_\_\_\_ Instructor: \_\_\_\_\_

Signature: \_\_\_\_\_ Today's Date: \_\_\_\_\_ Paid Date: \_\_\_\_\_

**Health & Fitness Center  
1554 Trimble Rd, Bldg 582  
Schofield Barracks, HI 96857**

Please turn in completed form to the address above or email to [usarmy.schofield.id-pacific.mbx.dfmwr-sfa-unit-pt@army.mil](mailto:usarmy.schofield.id-pacific.mbx.dfmwr-sfa-unit-pt@army.mil)