

JANUARY 2025

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
Join Our Facebook Group: Army Fitness Hawaii		 Army Fitness Hawaii Facebook Group	HAPPY NEW YEAR 2025 Gym closed 1	2	3	4
5	6	Spin 5:30 p.m. 7	Spin 9 a.m. 8 Zumba 6 p.m. 8	9	Unwined @Hale Ikena 10	11
12	13	Spin 5:30 p.m. 14	Spin 9 a.m. 15 Zumba 6 p.m. 15	16	17	18
19	HAPPY MARTIN LUTHER KING DAY Gym closed 20	Spin 5:30 p.m. 21	Spin 9 a.m. 22 Zumba 6 p.m. 22	23	Glow Zumba @Tropics 24	25
26	27	Spin 5:30 p.m. 28	Spin 9 a.m. 29 Zumba 6 p.m. 29	30	31	



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