

SCHOFIELD BARRACKS

Health & Fitness Center

GROUP AEROBICS

	MON	TUE	WED	THUR	FRI	SAT
8:30 to 9:30 a.m.						
9:45 to 10:45 a.m.						
4:15 to 5:15 p.m.						
5:30 to 6:20 p.m.						
6:30 to 7:20 p.m.						

Facility Hours: M - F 6:00 am - 7:30 pm, Saturday 7:00 am - 2:30 pm. 1554 Trimble Rd, BLDG 582

HFC Rates

Single Class	\$ 4
Ten Pack Book	\$ 35
Monthly Unlimited	\$ 45

Personal Training

Available 6 days a week by appointment.
808-655-8007
3 for \$99 Special!

Unit PT Fitness Classes

0630 - 0730 Daily
By appointment only. \$35 fee.
Cycle, Yoga, Bootcamp, Kickboxing, R.I.P.P.E.D., Pilates, Core Conditioning, etc.

Interested in becoming a Personal Trainer or Group Instructor for USAG - Hawaii?
Contact
655-8789

*Strong by Zumba is a choreographed bootcamp class built to Zumba music

HiMWR.com

For more information call 655-8007



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