

SCHOFIELD BARRACKS

Health & Fitness Center

GROUP AEROBICS

	<u>MON</u>	<u>TUE</u>	<u>WED</u>	<u>THUR</u>	<u>FRI</u>	<u>SAT</u>
8:30 to 9:30 a.m.						
9:45 to 10:45 a.m.						
4:30 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
Open to Military ID card holders and guests

Personal Training

Available 6 days a week by appointment.
3 for \$99 Special!
Military ID card Holders

Unit PT Fitness Classes

0630 - 0730 Daily
By appointment only. \$35 fee.
Cycle, Yoga, Bootcamp, Tabata,
R.I.P.P.E.D., Pilates, Muscle Pump,
Core Conditioning, etc.
ACTIVE DUTY ONLY

Interested in becoming a
Personal Trainer or
Group Instructor for
USAG - Hawaii?
Contact
655-5975

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