

Schofield Barracks
Health & Fitness Center

Monday-Friday
5:00 a.m.-8:30 p.m.

Single Class: \$4
(Credit/Debit Card Only)

For more information,
call (808) 655-8007.

Open to all DoD ID Cardholders.

JUNE 2023 FITNESS CLASS SCHEDULE



Personal Training available. (Appointment only).
Unit PT Classes: 6:30-7:30 a.m. (Appointment only).





MixedFit
Coach Ashley

Spin
Coach Heidi

Intro to Gym
Coach Rachel

Functional Fitness
Coach Kristi

Special Events

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
Join Our Facebook Group: Army Fitness Hawaii Interested in becoming a personal trainer or group instructor for USAG-Hawaii? Call (808) 655-5975.				Functional Fitness 9 a.m. 1		2	3
4	Intro to Gym 9 a.m. 5	Functional Fitness 9 a.m. 9	10	Functional Fitness 9 a.m. MixedFit 6 p.m. 8	9	10	
11	12	Functional Fitness 9 a.m. 13	14	Functional Fitness 9 a.m. MixedFit 6 p.m. 15	16	 17 6 a.m. Richardson Pool	
 18	 19	Functional Fitness 9 a.m. 20	Spin 9 a.m. 21	Functional Fitness 9 a.m. MixedFit 6 p.m. 22	23	24	
25	26	Functional Fitness 9 a.m. 27	Spin 9 a.m. 28	Functional Fitness 9 a.m. MixedFit 6 p.m. 29	30	 Army Fitness Hawaii Facebook Group	



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