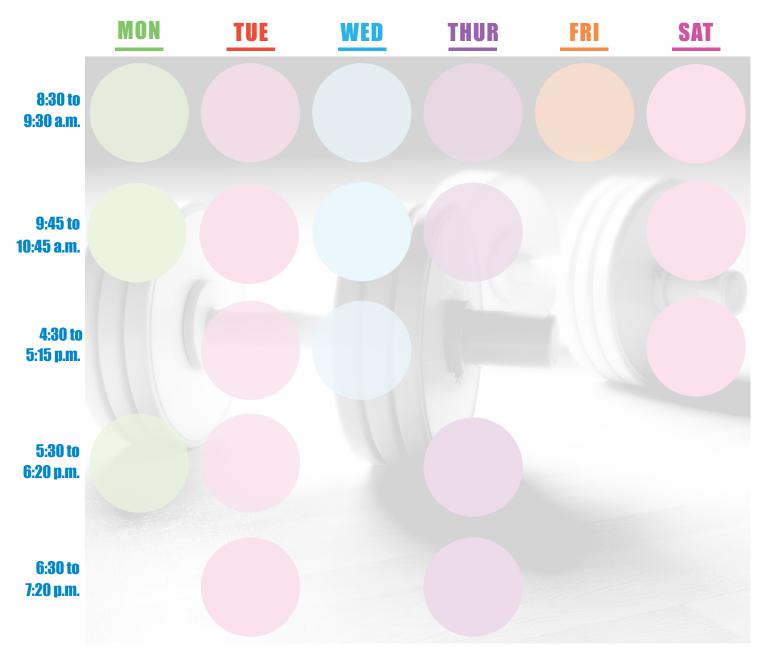
Health & Fitness Center GROUP AEROBICS



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. 808-655-5975 3 for \$99 Special!

Unit PT Fitness Classes

0630 - 0730 Daily By appointment only. \$35 fee. Cycle, Yoga, Bootcamp, Tabata

Cycle, Yoga, Bootcamp, Tabata, R.I.P.P.E.D., Pilates, Core Conditioning, etc. Interested in becoming a Personal Trainer or Group Instructor for USAG - Hawaii?
Contact
655-5975











Health & Fitness Center GROUP AEROBICS

TUE 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.

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