

JANUARY 2023

FITNESS CLASS SCHEDULE

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.



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

MixedFit Coach Ashley *Spin* Coach Heidi *POUND* Coach Jen *Yoga* Coach Dawn *Functional Fitness* Coach Kristi *Special Events*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	New Year's Day	<i>Yoga</i> 5:15 a.m. & 5:30 p.m. <i>Functional Fitness</i> 9 a.m. (FREE)	<i>Spin</i> 9:00 a.m.	<i>Yoga</i> 5:15 a.m. & 5:30 p.m.	<i>Spin+Yoga Fusion</i> 8:30 a.m.	7
8	<i>Spin+Yoga Fusion</i> 8:30 a.m.	<i>Yoga</i> 5:15 a.m. & 5:30 p.m. <i>Functional Fitness</i> 9 a.m. (FREE)	<i>Spin</i> 9:00 a.m.	<i>Yoga</i> 5:15 a.m. & 5:30 p.m. <i>MixedFit</i> 6:45 p.m.	<i>Spin+Yoga Fusion</i> 8:30 a.m.	14
15	Martin Luther King Jr. Day	<i>Yoga</i> 5:15 a.m. & 5:30 p.m. <i>Functional Fitness</i> 9 a.m. (FREE)	<i>Spin</i> 9:00 a.m.	<i>Yoga</i> 5:15 a.m. & 5:30 p.m. <i>MixedFit</i> 6:45 p.m.	<i>Spin+Yoga Fusion</i> 8:30 a.m.	21
22	<i>Spin + Yoga Fusion</i> 8:30 a.m. <i>POUND (Tennis Court)</i> 6:00 p.m.	<i>Yoga</i> 5:15 a.m. & 5:30 p.m. <i>Functional Fitness</i> 9 a.m. (FREE)	<i>Spin</i> 9:00 a.m.	<i>Yoga</i> 5:15 a.m. & 5:30 p.m. <i>MixedFit</i> 6:45 p.m.	<i>Spin+Yoga Fusion</i> 8:30 a.m.	28
29	<i>Spin + Yoga Fusion</i> 8:30 a.m. <i>POUND (Tennis Court)</i> 6:00 p.m.	<i>Yoga</i> 5:15 a.m. & 5:30 p.m.	<p>Follow us on Facebook: Schofield Barracks Health and Fitness Center Interested in becoming a personal trainer or group instructor for USAG-Hawaii? Call, (808) 655-5975.</p>			



HiMWR.com or [MWR HAWAII](https://www.facebook.com/MWRHAWAII) [Instagram](https://www.instagram.com/MWRHAWAII)

