

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

### 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, R.I.P.P.E.D.,  
Pilates, STRONG, Zumba, etc.**

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