

JULY 2024

FITNESS CLASS SCHEDULE

Schofield Barracks Health & Fitness Center

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

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

For more information, call
(808) 787-5739.

Open to all DoD ID Cardholders.

Unit PT Fitness Classes: 6:30-7:30 a.m. (Appointment only).


MixedFit/Power Pulse
Coach Ashley M.

Spin
Coach Carlie

Spin
Coach Heidi

Zumba
Coach Ashley E.

Special
Event

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	Spin 5:30 p.m. 2	Spin 9 a.m. 3 Zumba 6 p.m.	4 th JULY INDEPENDENCE Day	5	6
7	8	Spin 5:30 p.m. 9	Spin 9 a.m. 10 Zumba 6 p.m.	Power Pulse 5:30 p.m. Mixed Fit 6:30 p.m. 11	12	13
14	15	Spin 5:30 p.m. 16	Spin 9 a.m. 17 Zumba 6 p.m.	Power Pulse 5:30 p.m. Mixed Fit 6:30 p.m. 18	UnWined ~Yoga N' Wine~ Tropics Recreation Center 6 p.m. 19	20
21	22	Spin 5:30 p.m. 23	Spin 9 a.m. 24 Zumba 6 p.m.	Power Pulse 5:30 p.m. Mixed Fit 6:30 p.m. 25	26	27
28	29	Spin 5:30 p.m. 30	Spin 9 a.m. 31 Zumba 6 p.m.	Join Our Facebook Group: Army Fitness Hawaii	 Army Fitness Hawaii Facebook Group	



HiMWR.com or MWR HAWAII

