

SEPTEMBER 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).

Spin
Coach Carlie

Spin
Coach Heidi

Zumba
Coach Ashley E.

Special
Event

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	HAPPY Labor day 2	Spin 5:30 p.m. 3	Spin 9 a.m. 4	5	6	7
8	9	Spin 5:30 p.m. 10	9/11 Memorial Stair Climb Challenge @ Army Physical Fitness Centers Spin 9 a.m. 11	12	13	14
15	16	Spin 5:30 p.m. 17	Zumba 6 p.m. 18	19	20	21
22	23	Spin 5:30 p.m. 24	Zumba 6 p.m. 25	26	27	Wurst 5K 5K Run @ Weyand Field 28
29	30			Join Our Facebook Group: Army Fitness Hawaii		 Army Fitness Hawaii Facebook Group



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