

# NOVEMBER 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
Join Our Facebook Group: Army Fitness Hawaii		 Army Fitness Hawaii Facebook Group			1	2
3	4	Spin 5:30 p.m. 5	Spin 9 a.m. 6 Zumba 6 p.m. 6	7	8	9
10	11	Spin 5:30 p.m. 12	Spin 9 a.m. 13 Zumba 6 p.m. 13	14	2nd Annual Bench Press & Endurance Competition @HMR 15	16
17	Turkey Dri-Tri November 18 - 21 @HFC 18	Spin 5:30 p.m. 19	Spin 9 a.m. 20	21	22	23
24		Spin 5:30 p.m. 26	Spin 9 a.m. 27 Zumba 6 p.m. 27			
31	25	26	27	28	29	30