

# FEBRUARY 2025

## 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	Spin 5:30 p.m. 4	Zumba 6 p.m. 5	6	7	8
9	10	Spin 5:30 p.m. 11	Spin 9 a.m. Zumba 6 p.m. 12	13	14	15
16	HAPPY President's DAY 17	Spin 5:30 p.m. 18	Spin 9 a.m. Zumba 6 p.m. 19	20	21	22
23	24	Spin 5:30 p.m. 25	Spin 9 a.m. Zumba 6 p.m. 26	27	28	