

DECEMBER 2023

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) 655-8007.

Open to all DoD ID Cardholders.



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

MixedFit
Coach Ashley M.



Spin
Coach Heidi

Spin / Lunchtime H.I.I.T.

Yoga
Coach Kara

Zumba
Coach Ashley E.

Special
Event

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Join Our Facebook Group: Army Fitness Hawaii</p> <p>Interested in becoming a personal trainer or group instructor for USAG-Hawaii? Call (808) 655-5975.</p>		 Army Fitness Hawaii Facebook Group				WAAF Pearl Harbor Comemoration 4K Run/Walk @WAAF
3	Spin 6 p.m. 4	Lunchtime H.I.I.T. 12 p.m. 5 Yoga 6 p.m.	Zumba 6 p.m. 6	Lunchtime H.I.I.T. 12 p.m. 7	8	9
10	Spin 6 p.m. 11	Lunchtime H.I.I.T. 12 p.m. 12 Yoga 6 p.m.	Spin 9 a.m. 13 Zumba 6 p.m.	Lunchtime H.I.I.T. 12 p.m. 14 MixedFit 6 p.m.	15	16
17	Spin 6 p.m. 18	Lunchtime H.I.I.T. 12 p.m. 19 Yoga 6 p.m.	Spin 9 a.m. 20 Zumba 6 p.m.	MixedFit 6 p.m. 21	22	23
24	 Christmas	Yoga 6 p.m. 26	Spin 9 a.m. 27 Zumba 6 p.m.	MixedFit 6 p.m. 28	29	30
31	25	26	27	28	29	30



HiMWR.com or MWR HAWAII

