

DECEMBER 2025

FITNESS CLASS SCHEDULE

Lee Health & Fitness Center

Monday - Friday
6 a.m.-7 p.m.

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

For more information, call
(520) 674-3234.

Open to all DOW ID Cardholders.

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

*Spin
Coach Heidi*

*Special
Event*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3 <i>Spin</i> 9 a.m.	4	5	6 WAAF Pearl Harbor Commemoration 4K Run/Walk @WAAF
7	8	9	10 <i>Spin</i> 9 a.m.	11	12	13
14	15	16	17 <i>Spin</i> 9 a.m.	18	19	20
21	22	23	24 Holiday Gym Hours 6 a.m.-2 p.m.	25 MERRY CHRISTMAS Gym closed	26 Holiday Gym Hours 7 a.m.-3 p.m.	27
28	29	30	31 Holiday Gym Hours 6 a.m.-2 p.m.	Join Our Facebook Group: Army Fitness Hawaii		 Army Fitness Hawaii Facebook Group



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