

# JANUARY 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) 787-5738 or (808) 787-5739.

Open to all DoD ID Cardholders.




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

MixedFit/Power Pulse  
Coach Ashley M.

Spin  
Coach Heidi

Yoga  
Coach Kara

Zumba  
Coach Ashley E.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	2024 1	Yoga 6 p.m. 2	Spin 9 a.m. Zumba 6 p.m. 3	Power Pulse 5:30 p.m. Mixed Fit 6:30 p.m. 4	5	6
7	8	Yoga 6 p.m. 9	Spin 9 a.m. Zumba 6 p.m. 10	Power Pulse 5:30 p.m. Mixed Fit 6:30 p.m. 11	12	13
14	HAPPY MARTIN LUTHER KING DAY 15	Yoga 6 p.m. 16	Spin 9 a.m. Zumba 6 p.m. 17	Power Pulse 5:30 p.m. Mixed Fit 6:30 p.m. 18	19	20
21	22	Yoga 6 p.m. 23	Spin 9 a.m. Zumba 6 p.m. 24	Power Pulse 5:30 p.m. Mixed Fit 6:30 p.m. 25	26	27
28	29	Yoga 6 p.m. 30	Spin 9 a.m. Zumba 6 p.m. 31	Join Our Facebook Group: Army Fitness Hawaii  Interested in becoming a personal trainer or group instructor for USAG-Hawaii? Call (808) 787-5738.		 Army Fitness Hawaii Facebook Group



HiMWR.com or MWR HAWAII

