

AUGUST 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).

MixedFit
Coach Ashley M.


Spin
Coach Carlie

Spin
Coach Heidi

Zumba
Coach Ashley E.

Yoga
Coach Kara

Special
Event

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Join Our Facebook Group: Army Fitness Hawaii		 Army Fitness Hawaii Facebook Group		Yoga 8:30 a.m. Mixed Fit 6:30 p.m. 1	2	3
4	5	Spin 5:30 p.m. 6	Spin 9 a.m. Zumba 6 p.m. 7	Yoga 8:30 a.m. Mixed Fit 6:30 p.m. 8	9	Color Blast 5K Run @ Stoneman Watts Field 10
11	12	Spin 5:30 p.m. 13	Spin 9 a.m. Zumba 6 p.m. 14	Yoga 8:30 a.m. Mixed Fit 6:30 p.m. 15	16	17
18	19	Spin 5:30 p.m. 20	Spin 9 a.m. Zumba 6 p.m. 21	Yoga 8:30 a.m. 22	23	24
25	26	Spin 5:30 p.m. 27	Spin 9 a.m. Zumba 6 p.m. 28	Yoga 8:30 a.m. Mixed Fit 6:30 p.m. 29	30	31



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