

CONQUER THE CHALLENGE, TRANSFORM YOUR LIFE!

Open to:
All military service
members, DOD, Retiree
Cardholders, Family
members 18 years and
older with a valid ID

LEE HEALTH & FITNESS CENTER

MISSION: SLIMPOSSIBLE 7



IMPORTANT DATES

Entry Deadline:
January 30, 2026

Weigh In Location and Time:
Lee Health and Fitness Center
6 a.m.-7 p.m.

Weigh in Dates:

Initial Weigh in Dates:
January 26-30, 2026

Final Weigh in Dates:
March 9-13, 2026

Mission Slimpossible Packet
Pick up your MS7 Packet
at your Initial Weigh In
(Winners will be notified the week of
March 16, 2026)

REGISTRATION



SCAN ME

To Register:

Register in person at any
Army Physical Fitness Center
(excluding WAAF & AMR),
over the phone at (808) 787-5739
or scan the QR Code
to register online.

More Information:

Contact Lee Health and Fitness Center,
Phone Number 808-787-5739 Information may
also be obtained via the MWR Hawaii website:
<http://www.himwr.com>, Facebook page

This is a 6-week weight
loss competition.
Initial weigh in and final
weigh in are mandatory.
If you can't make weigh in
dates, time slots are
available before the
actual weigh in date.
Please contact the Lee
Health and Fitness Center.
If you miss a weigh in
you will be disqualified
from the event.
You can only weigh in once.

Additional Information:

Winners will be
determined by body
weight loss percentage.



ENTRY FEE

Early Entry Fee \$20
Guaranteed T-Shirt

Register by January 16, 2026

Late Entry Fee \$25
T-Shirt Not Guaranteed
if registered after January 16, 2026

Entry Fee is Non-Refundable.
Entry Fee includes
Mission Slimpossible 7 - T-Shirt
(While supplies last)

Weigh In Rules:
All weigh ins will be done at
Lee Health and Fitness Center.
• Light Exercise Attire
• No Shoes
• No Cheaters
• Be Highly Motivated



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500 FIVE HUNDRED MILE HOLOMUA KĀKOU MILE RUN CLUB

OPEN TO ALL DOD ID CARDHOLDERS

January 1, 2026 - December 31, 2026

Register at any MWR Physical Fitness Center
(Except WAAF)

Join the Hololomua Kakou (Let's Go Ahead), 500 mile run club.

Challenge yourself to reach a total of 500 miles!

As a reward for your dedication, you'll receive a

FREE HOLOMUA KAKOU T-SHIRT

once you complete the distance.
Whether you're a seasoned runner
or just starting out, you have from
when you start the challenge
until December 31, 2026 to complete
the 500 miles.

So, lace up your shoes, track your
miles at one of our facilities and
celebrate your achievement with us.

Call or visit one of our
MWR Physical Fitness
Centers
for more information.

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Scan the QR code for
facility hours of operation.



HiMWR.com or [MWR HAWAII](#)



MARTINEZ FITNESS FACILITY



Thursday, January 1 - Thursday, December 31, 2026

**TO BE A MEMBER OF THIS CLUB,
THE TOTAL OF YOUR BEST EFFORTS
IN THE SQUAT, DEAD LIFT AND BENCH
PRESS ON A SINGLE LIFT NEEDS TO
TOTAL 1,000 POUNDS OR MORE.**

The participant will perform the Squat, Bench Press, and Deadlift.

The total numbers from all three lifts together should total 1,000 pounds.

1,000 Club Entry example:

Dead Lift: 500 lbs. + Squat: 400 lbs. + Bench Press: 200 lbs.
= 1,100 lbs. Total

**Reps that do not meet these guidelines will not be counted.*

\$15 PER PERSON
includes a shirt
(while supplies last)
\$5 without shirt

Open to all DOW ID Cardholders 18 years & older.

AWARDS

BRAGGING RIGHTS!

Picture will be posted and the top 3 totals
for both 1000lb and 500lb will receive awards!

Monday - Friday: 5 a.m.-8 p.m.

Saturday & Sunday: 7 a.m.-1 p.m.

**FOR MORE INFORMATION,
PLEASE SEE STAFF ON
DUTY OR CALL:
(808) 787-0721.**



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HOURS OF OPERATION

FORT SHAFTER PHYSICAL FITNESS CENTER

Monday - Friday • 5 a.m.-7 p.m.
Saturday & Sunday • Closed
Federal Holidays • Closed



TRIPLER ARMY MEDICAL CENTER PHYSICAL FITNESS CENTER

Monday - Friday • 6 a.m.-7 p.m.
Saturday & Sunday • Closed
Federal Holidays • Closed



ALIAMANU MILITARY RESERVATION PHYSICAL FITNESS CENTER

Monday - Friday • 6 a.m.-7 p.m.
Saturday & Sunday • Closed
Federal Holidays • Closed

 = Gyms with 24/7 Fitness access privilege.

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Scan the QR code for more facility information, 24/7 fitness access and upcoming events



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MWRArmyHawaii



WHEELER ARMY AIRFIELD PHYSICAL FITNESS CENTER

Monday - Friday • 6 a.m.-7 p.m.
Saturday & Sunday • Closed
Federal Holidays • Closed

MARTINEZ PHYSICAL FITNESS CENTER

Monday - Friday • 5 a.m.-8 p.m.
Saturday & Sunday • 7 a.m.-1 p.m.
Federal Holidays • 7 a.m.-1 p.m.



LEE HEALTH & FITNESS CENTER

Monday - Friday • 6 a.m.-7 p.m.
Saturday & Sunday • Closed
Federal Holidays • Closed



HELEMANO MILITARY RESERVATION PHYSICAL FITNESS CENTER

Monday - Friday • 6 a.m.-7 p.m.
Saturday & Sunday • Closed
Federal Holidays • Closed

UPDATE

24/7 FITNESS ORIENTATION

Fort Shafter Physical Fitness Center, Martinez Physical Fitness Center,
Tripler Army Medical Center Physical Fitness Center, and
Lee Health & Fitness Center

24/7 Fitness
orientations are held at
Lee Health & Fitness Center, Fort Shafter,
Martinez, and TAMC Physical Fitness Centers
for All DOD ID Cardholders 18 years of age
or older. See the [January](#) schedule below.

JANUARY 2026

ORIENTATION SCHEDULE

Orientations are available on a walk-in basis daily after 8:00 a.m.

A Statement of Understanding will be completed and signed to register for access.

E-4 & below will require Commander signature • All dependents of AD Soldiers will require AD signature

For more information, call (808) 787-0721.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						Martinez PFC 9:30 a.m.
28	29	30	31	1	2	3
	Fort Shafter PFC 11:30 a.m. LEE HFC 6 p.m.	Martinez PFC 12 p.m. TAMC PFC 6 p.m.	Fort Shafter PFC 11:30 a.m. LEE HFC 6 p.m.	Martinez PFC 12 p.m. TAMC PFC 6 p.m.		Martinez PFC 9:30 a.m.
4	5	6	7	8	9	10
	Fort Shafter PFC 11:30 a.m. LEE HFC 6 p.m.	Martinez PFC 12 p.m. TAMC PFC 6 p.m.	Fort Shafter PFC 11:30 a.m. LEE HFC 6 p.m.	Martinez PFC 12 p.m. TAMC PFC 6 p.m.		Martinez PFC 9:30 a.m.
11	12	13	14	15	16	17
		Martinez PFC 12 p.m. TAMC PFC 6 p.m.	Fort Shafter PFC 11:30 a.m. LEE HFC 6 p.m.	Martinez PFC 12 p.m. TAMC PFC 6 p.m.		Martinez PFC 9:30 a.m.
18	19	20	21	22	23	24
	Fort Shafter PFC 11:30 a.m. LEE HFC 6 p.m.	Martinez PFC 12 p.m. TAMC PFC 6 p.m.	Fort Shafter PFC 11:30 a.m. LEE HFC 6 p.m.	Martinez PFC 12 p.m. TAMC PFC 6 p.m.		Martinez PFC 9:30 a.m.
25	26	27	28	29	30	31



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JANUARY 2026

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
(808) 787-5739.

Open to all DOD 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
Join Our Facebook Group: Army Fitness Hawaii	 Army Fitness Hawaii Facebook Group			 Gym closed	1	2
4	5	6	Spin 9 a.m.	7	8	9
11	12	13	Spin 9 a.m.	14	15	16
18	 Gym closed	19	20	Spin 9 a.m.	21	22
25	26	27	Spin 9 a.m.	28	29	 Mission Slimpossible 7 Entry Deadline Initial weigh-in @LEE HFC
						30
						31



2026 INTRAMURAL SPORTS CALENDAR

JANUARY - APRIL

	BASKETBALL LEAGUE (R)	MARTINEZ / HMR / TAMC
	3-POINT SHOOTOUT (R)	MARTINEZ / HMR / TAMC
	KICKBALL TOURNAMENT (O)	STONEMAN COMPLEX / TAKATA FIELD
	VOLLEYBALL TOURNAMENT (R)	MARTINEZ / HMR
	FUTSAL/INDOOR SOCCER TOURNAMENT (R)	MARTINEZ / HMR
APR 24-26	STONEMAN SHOWDOWN SOFTBALL TOURNAMENT (O)(\$)	STONEMAN COMPLEX

MAY - AUGUST

MAY 8-10	STRONG BANDS HO'OKUKU PICKLEBALL TOURNAMENT (O)(\$)	ARTS & CRAFTS PICKLEBALL COURTS
	SOFTBALL LEAGUE (R)	STONEMAN COMPLEX / TAKATA FIELD
	SPEEDBALL TOURNAMENT (O)	STONEMAN STADIUM
	OUTDOOR SOCCER LEAGUE (R)	STONEMAN STADIUM
JUL 10-12	SUMMER SLUGFEST SOFTBALL TOURNAMENT (O)(\$)	STONEMAN COMPLEX
	DODGEBALL TOURNAMENT (O)	MARTINEZ / HMR
	CORNHOLE TOURNAMENT (O)	THE HANGAR ENTERTAINMENT CENTER
	ARMY HAWAII DISC GOLF TOURNAMENT (O)	STONEMAN COMPLEX
	ARMY HAWAII SAND VOLLEYBALL TOURNAMENT (O)	TROPICS RECREATION CENTER
	FLAG FOOTBALL LEAGUE (R)	STONEMAN STADIUM / TAKATA FIELD

SEPTEMBER - DECEMBER

SEP 11-13	SEPTEMBER SERIES SOFTBALL TOURNAMENT (O)(\$)	STONEMAN COMPLEX
	ULTIMATE FRISBEE TOURNAMENT (O)	STONEMAN STADIUM / TAKATA FIELD
OCT 16-18	PICKLE-OR-TREAT PICKLEBALL TOURNAMENT (O)(\$)	ARTS & CRAFTS PICKLEBALL COURTS
	RUGBY RUMBLE TOURNAMENT (O)	STONEMAN STADIUM / TAKATA FIELD
	SLEIGH THE COURT BASKETBALL TOURNAMENT (R)	MARTINEZ OR HMR

(R)- PARTICIPATION RESTRICTED TO ACTIVE DUTY ARMY SOLDIERS, ARMY RESERVISTS AND ARMY NATIONAL GUARDSMEN ONLY.

(O)- PARTICIPATION OPEN TO ALL SERVICEMEN AND SERVICEWOMEN OF ANY MILITARY BRANCH (INCLUDING RESERVISTS AND NATIONAL GUARDSMEN), MILITARY DEPENDENTS, MILITARY RETIREES, AND ALL DOW CARDHOLDERS. ALL PARTICIPANTS MUST BE 18 YEARS OF AGE OR OLDER.

(\$)- FEES MAY APPLY

* ALL PROGRAM DATES ARE TENTATIVE AND ARE SUBJECT TO CHANGE BASED ON NUMBER OF SUBMITTED REGISTRATIONS.

FOR MORE INFORMATION, CONTACT INTRAMURAL SPORTS OFFICE AT (808) 787-0717, (808) 787-0718 OR (808) 787-0715.
 730 LEILEHUA AVE, BLDG. 645 ROOM 2, SCHOFIELD BARRACKS 96857 • INFORMATION MAY ALSO BE OBTAINED VIA THE MWR SPORTS WEBSITE OR FACEBOOK AT [IMARMSPORTSHI](https://www.facebook.com/IMARMSPORTSHI)



Tripler Army Medical Center Pool

&

Richardson Pool

2026 SERVICE MEMBER

LEARN TO SWIM COURSE

**Two-week course
One hour per day/
5 days a week**



Open to active duty military personnel.

TAMC POOL SCHEDULE: (Tripler Army Medical Center)

Class Start Date:	Graduation Date:
Monday, March 9, 2026	Friday, March 20, 2026
Monday, April 6, 2026	Friday, April 17, 2026
Monday, April 20, 2026	Friday, May 1, 2026
Monday, May 11, 2026	Friday, May 22, 2026
Monday, June 8, 2026	Friday, June 18, 2026
Monday, July 6, 2026	Friday, July 17, 2026
Monday, July 20, 2026	Friday, July 31, 2026
Monday, August 10, 2026	Friday, August 21, 2026
Monday, August 24, 2026	Friday, September 4, 2026
Monday, September 14, 2026	Friday, September 25, 2026
Monday, September 28, 2026	Friday, October 9, 2026

RICHARDSON POOL SCHEDULE: (Schofield Barracks)

Class Start Date:	Graduation Date:
Monday, March 9, 2026	Friday, March 20, 2026
Monday, March 23, 2026	Friday, April 3, 2026
Monday, April 13, 2026	Friday, April 24, 2026
Monday, May 11, 2026	Friday, May 22, 2026
Monday, June 8, 2026	Friday, June 18, 2026
Monday, July 6, 2026	Friday, July 17, 2026
Monday, July 20, 2026	Friday, July 31, 2026
Monday, August 10, 2026	Friday, August 21, 2026
Monday, August 24, 2026	Friday, September 4, 2026
Monday, September 7, 2026	Friday, September 18, 2026
Monday, September 21, 2026	Friday, October 2, 2026

Training packets must be submitted by your Training NCO or Training Officer to:

Installation Schools, USARHAW, Institutional Training Division

896 Menoher Road, Room 114, Schofield Barracks, HI 96857

Contact your Training NCO or Bde Schools for course enrollment.



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PRIVATE SWIM LESSON

Open to all DoD Cardholders ages 3 years and older.



Class Type	Instructor#	Student#	One Session	Time	Price	Age
Private Lesson	1	1	5 classes per month	30 minutes	\$120	3 years and up
Semi-Private Lesson	1	2	5 classes per month	45 minutes	\$200	6 years and up (must be at the same skill level)

How to Sign Up?

In-person registration only. Waiver must be completed before classes are scheduled.

Schedule is on a first-come, first-served basis and month-to-month system.
(Doesn't have to be consecutive.)

Each session will be scheduled for the following month only.
(e.g.; register in March for April classes)

Payment will be collected after classes are scheduled.

SCAN ME



For complete details
scan QR code or visit:
<https://hawaii.armymwr.com>



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Mahalo Nui Loa from,
Team TAMC Takos



IMPROVEMENT PROJECT



**NEW AND IMPROVED PICKLEBALL COURTS
& TENNIS COURTS COMING SOON!**

**USAG Hawaii Family and MWR is currently
renovating our Pickleball Courts and Martinez
Tennis Courts to bring the community
improved, modernized recreation spaces.**

CONSTRUCTION IS UNDERWAY.

**For your safety, please keep out of
closed areas.**



Thank you for your patience as we make these enhancements.



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U.S. ARMY GOLF • HAWAII

GOLF FEES

Effective April 1, 2025



Walter J. Nagorski Golf Course

711 Morton Drive • Fort Shafter, Hawaii • (808) 787-4016

DAILY GREEN FEES DISCOUNT CARDS

CATEGORY	Play Cards are only honored at the golf course in which they are purchased from and are non-transferable.			
	9 HOLES	18 HOLES	10 PLAY	30 PLAY
E1 - E5 Active Duty Enlisted / Youth (17 & under)	\$11.00	\$18.00	\$170.00	\$490.00
All Remaining Authorized Users	\$18.00	\$29.00	\$280.00	\$830.00
Guest / Public	\$27.00	\$38.00	\$370.00	\$1,070.00
Golf Cart Fees	\$10.00	\$18.00		

Rentals

Golf Clubs	\$7.50 (Twilight)	\$15 (18-holes)
Push Cart	\$3 (9-holes)	\$5 (18-holes)

In accordance with IMCOM Regulation 215-1-1 and AR 215-1.



199 Leilehua Road • Wahiawa, Hawaii • (808) 787-4653

DAILY GREEN FEES DISCOUNT CARDS

CATEGORY	Play Cards are only honored at the golf course in which they are purchased from and are non-transferable.			
	9 HOLES	18 HOLES	10 PLAY	30 PLAY
E1 - E5 Active Duty Enlisted / Youth (17 & under)	\$14.00	\$21.00	\$180.00	\$530.00
All Remaining Authorized Users	\$22.00	\$37.00	\$340.00	\$920.00
Guest / Public	\$31.00	\$47.00	\$440.00	\$1,190.00
Golf Cart Fees	\$10.00	\$18.00		

Rentals

Golf Clubs	\$12.50 (Twilight)	\$25 (18-holes)	Driving Range Balls	\$5 per token
Push Cart	\$3 (9-holes)	\$5 (18-holes)	Key FOB	\$50 for \$65

In accordance with IMCOM Regulation 215-1-1 and AR 215-1.

Driving Range Balls
Key FOB
Spectator Fee

\$5 per token
\$50 for \$65
\$20



Himwr.com or [MWR HAWAII](https://www.facebook.com/MWRHawaii)

Do You Have What It Takes to BEAT THE PRO?

BEAT THE PRO GOLF TOURNAMENT SATURDAY, FEBRUARY 7

Registration Deadline:
Wednesday, February 4
1 p.m. Shotgun Start

Stop by the Pro Shop or call (808) 787-4016 for more information.



Nagorski G.C.
FORT SHAFTER, HAWAII

\$30

PER PERSON

Does not include
Green Fees or
Cart Fees.

Entry fee includes:
Entry into the prize pool
Delicious food to follow at
Hale Ikena
Drinks will be available for
purchase in the Pro-Shop.

Join us for an exciting 18-hole tournament with a unique twist! After all players have finished, we will reveal the score set by one of our very own PGA/LPGA Professionals. If your score (with Peoria handicap) is better, you could win big!

Not only do you get bragging rights, but the top three scores (with Peoria handicap) that successfully beat the professional's score will walk away with fantastic prizes!

Spaces are limited, so sign up at the Pro-Shop today and secure your spot in the challenge!

16 player minimum | 45 player maximum

SCAN ME

Open to DOD ID Cardholders and the public ages 7 years & older.
Public must have installation access, for more information visit
<https://home.army.mil/hawaii/about/visitor-information>
or scan the QR code.



711 Morton Drive • Bldg. 711 • Fort Shafter, HI 96858

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Nagorski Golf Course

Open to all DOD ID Cardholders and the public ages 7 and older.

Proudly sponsored by
dedicated supporters
of DFMWR

Golf

CLINICS

Short Game Fundamentals

MONTHLY

First Saturday:
ADULTS
10 - 11:00 a.m.



Second Saturday:
YOUTH
(Ages 7 - 17 years old)
10 - 11:00 a.m.



Clinic days are
subject to cancellation.



Nagorski G.C.
FORT SHAFTER, HAWAII

For more information, call
(808) 787-4016.

711 Morton Drive • Fort Shafter • Honolulu, Hawaii

Sharpen your skills and lower
your score with our complimentary
short game clinics held monthly
on our course.

Free to
Participants.

Equipment
Provided
if Needed.



Spaces are limited!

Registration Deadline:
Friday before each clinic.
Register at the Nagorski Golf Shop.

Open to DOD ID Cardholders and the public.
Public must have installation access, for more information visit
<https://home.army.mil/hawaii/about/visitor-information>
or scan the QR code.

SCAN ME



Where the game of golf begins!



HiMWR.com or [MWR HAWAII](http://MWRHawaii.com)

Open to General Public, DOD ID Cardholders and Guests.

Need to get away for a couple of hours
while your other half enjoys the
Waikiki shopping???

Come to The Nagorski Golf Course,
on Fort Shafter, to play a quick
nine holes while you wait!



Nagorski G.C.
FORT SHAFTER, HAWAII

HALE KOA & NAGORSKI GC
NINE HOLE
GOLF SPECIAL

HALE KOA HOTEL

Show your Hale Koa room key for the special pricing!

Special includes a green fee, cart fee and a rental set.

E1-E5 ACTIVE DUTY / JUNIORS (UNDER 17 YEARS OLD): \$23 PER PLAYER

ALL OTHER AUTHORIZED PATRONS: \$32 PER PLAYER

GUESTS/PUBLIC: \$40 PER PLAYER

For more information, please contact the Golf Pro Shop at (808) 787-4016.

Office Hours: Tuesday - Sunday 6:30 a.m.-6 p.m.
711 Morton Dr. • Fort Shafter • Hawaii 96858



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WHEELER PHYSICAL FITNESS CENTER

WE'VE MOVED

Bldg. 113 to
Bldg. 102 DFAC

LEE HEALTH & FITNESS CENTER

24 HOUR ACCESS

NOW AVAILABLE

- Current patrons with a pass for FS PFC, Martinez or TAMC PFC do not automatically get access to LEE HFC. If access to LEE HFC is needed please stop by FS PFC, Martinez, TAMC or LEE HFC and request that LEE HFC is added to their pass.
- New users that want access to LEE HFC can attend the orientations at FS PFC, Martinez, TAMC PFC or stop by LEE HFC and request to sign up.

For more information, call
(808) 787-5739

Lee Health & Fitness Center
1554 Trimble Road, Bldg. 582 Schofield Barracks 96857



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JOIN OUR GYM

**USAG-Hawaii
MWR is looking
for group fitness
instructors.**

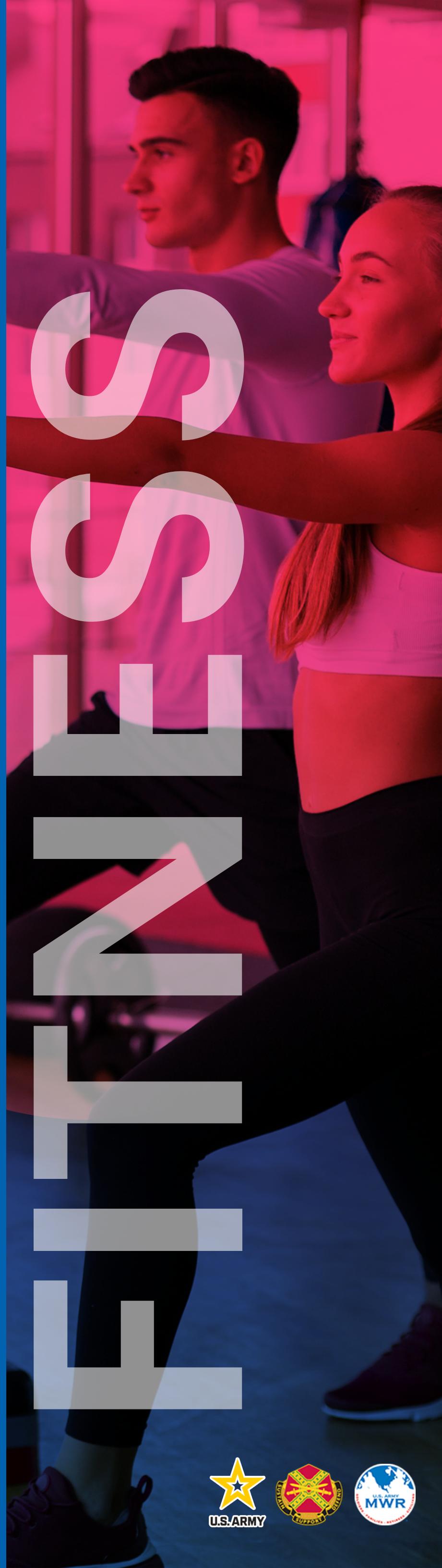
ALL APPLICANTS MUST SUBMIT

- Current certifications from a reputable & recognized organization
- Current CPR/First Aid/AED certificates (No Online certificates allowed)
- Current training insurance
- Hawaii State Business License with GET license
- Unique Entity ID(UEI) Number

**FOR MORE INFORMATION,
CONTACT HALEY RYAN:
(808) 787-5738 OR
HALEY.C.RYAN.NAF@ARMY.MIL**



HiMWR.com or [MWR HAWAII](#)



USAG Hawaii DFMWR Guidebook

The USAG Hawaii MWR Guidebook is your go-to resource for everything happening across our Army installations - featuring MWR facilities, programs, contact information, and maps.



The image shows the front cover and an open page of the USAG Hawaii DFMWR Guidebook. The cover features a tropical sunset over the ocean with palm trees. The title 'U.S. ARMY GARRISON HAWAII DFMWR Guide' is at the top, followed by 'Your First Choice' and a list of installations: Schofield Barracks, Wheeler Army Air Field, Fort Shafter, Aliamanu Military Reservation, Tripler Army Medical Center, Helemano Military Reservation, Kilauea Military Camp, and Pililaau Army Recreation Center. The DFMWR logo is in the center. The open page shows the 'TABLE OF CONTENTS' with sections like Army Community Service, Child and Youth Services, Recreation and Leisure, Pet Kennels, Maps, Sports and Fitness, Dining and Entertainment, Travel Services, and a Directory. The page also includes social media links for HiMWR.com and MWR Hawaii, and a QR code.

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Your guide to discovering everything MWR Hawaii has to offer - anytime, anywhere.

*Note: At this time, the USAG Hawaii MWR Guidebook is accessible only on non-government networks.



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