

**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

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.



**Awards:**  
Overall Top 3  
male and Top 3  
female biggest  
loser.

## 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

## 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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USAG HAWAII SPORTS, FITNESS & AQUATICS

# **FIVE HUNDRED MILE HOLOMUA KAKOU 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.



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U.S. ARMY GARRISON 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.**



U.S. ARMY



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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.

SCAN ME



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

## **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



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**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
28	29	30	31	Happy New Year 2026 1	2	Martinez PFC 9:30 a.m. 3
4	Fort Shafter PFC 11:30 a.m. LEE HFC 6 p.m. 5	Martinez PFC 12 p.m. TAMC PFC 6 p.m. 6	Fort Shafter PFC 11:30 a.m. LEE HFC 6 p.m. 7	Martinez PFC 12 p.m. TAMC PFC 6 p.m. 8	9	Martinez PFC 9:30 a.m. 10
11	Fort Shafter PFC 11:30 a.m. LEE HFC 6 p.m. 12	Martinez PFC 12 p.m. TAMC PFC 6 p.m. 13	Fort Shafter PFC 11:30 a.m. LEE HFC 6 p.m. 14	Martinez PFC 12 p.m. TAMC PFC 6 p.m. 15	16	Martinez PFC 9:30 a.m. 17
18	MLK DAY MARTIN LUTHER KING DAY I HAVE A DREAM 19	Martinez PFC 12 p.m. TAMC PFC 6 p.m. 20	Fort Shafter PFC 11:30 a.m. LEE HFC 6 p.m. 21	Martinez PFC 12 p.m. TAMC PFC 6 p.m. 22	23	Martinez PFC 9:30 a.m. 24
25	Fort Shafter PFC 11:30 a.m. LEE HFC 6 p.m. 26	Martinez PFC 12 p.m. TAMC PFC 6 p.m. 27	Fort Shafter PFC 11:30 a.m. LEE HFC 6 p.m. 28	Martinez PFC 12 p.m. TAMC PFC 6 p.m. 29	30	Martinez PFC 9:30 a.m. 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	3
4	5	6	Spin 9 a.m. 7	8	9	10
11	12	13	Spin 9 a.m. 14	15	16	17
18	 Gym closed 19	20	Spin 9 a.m. 21	22	23	24
25	26	27	Spin 9 a.m. 28	29	Mission Slimpossible 7 Entry Deadline Initial weigh-in @LEE HFC 30	31



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# 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 IMARMYSPOHSHI



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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.

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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	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.



## Leilehua G.C.

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

### DAILY GREEN FEES DISCOUNT CARDS

CATEGORY	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
			Spectator Fee	\$20

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



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Do You Have  
What It Takes to  
**BEAT THE PRO?**



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.

**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.**

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**

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.

SCAN ME



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

**HiMWR.com** or **f MWR HAWAII**



# 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



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.

## Where the game of golf begins!

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

711 Morton Drive • Fort Shafter • Honolulu, Hawaii

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.

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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!*



HALE KOA & NAGORSKI GC  
**NINE HOLE**  
**GOLF SPECIAL**



**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 (800) 707-4016.**

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**



**HiMWR.com** or  **MWR HAWAII** 





# 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**

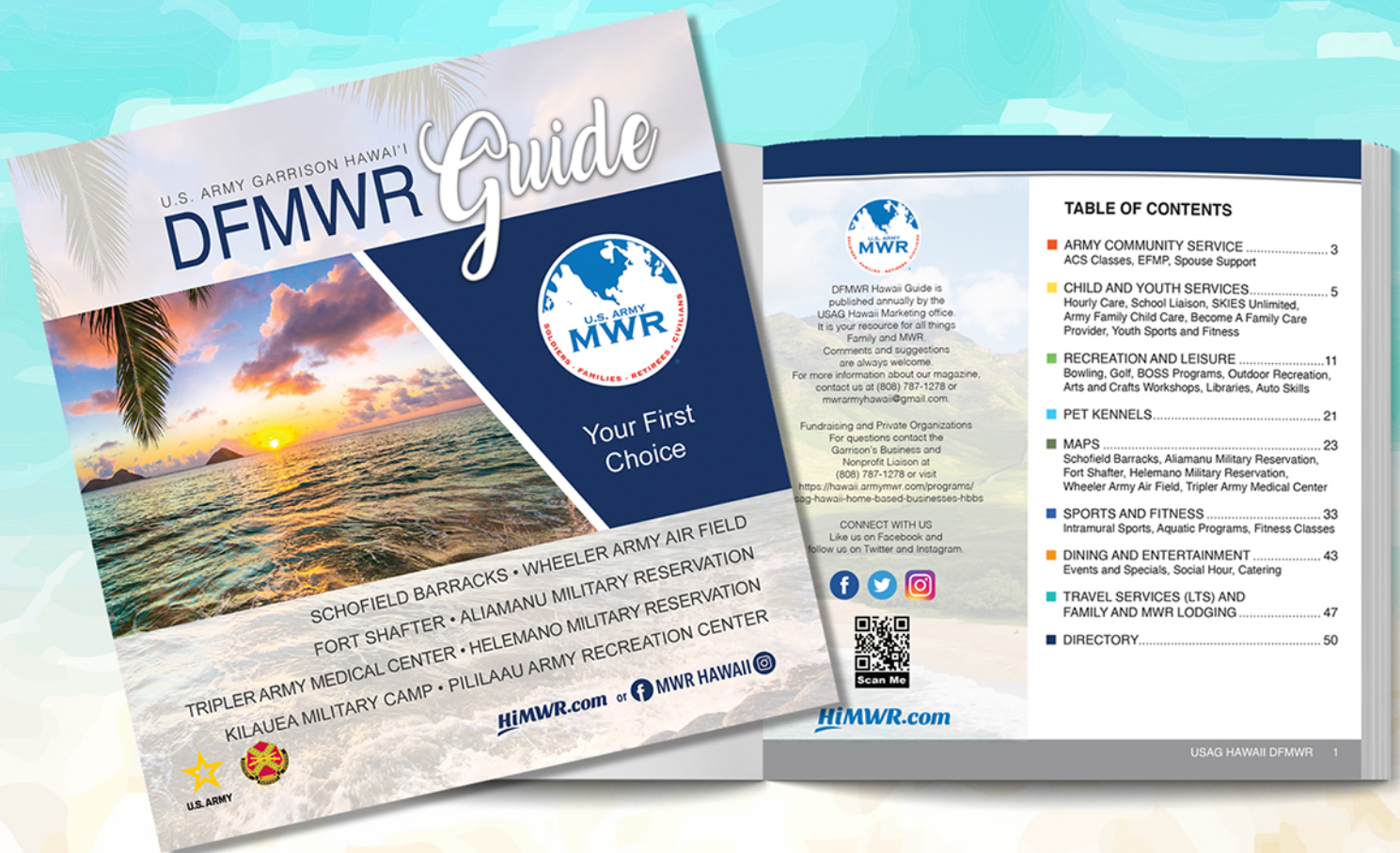


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# USAG Hawaii DFMWR Guidebook

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.



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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