

## Fitness Update 20101202

### USAG-HI Fitness Center Hours of Operation

<p style="text-align: center;"><b>Schofield Barracks Health and Fitness Center</b></p> <p style="text-align: center;">Building 582, Schofield Barracks. 655-8007</p> <p>Monday-Friday: 6:00 am – 7:30 pm Saturday: 7:00 am – 12 noon Sunday &amp; Holidays: Closed</p>	<p style="text-align: center;"><b>Martinez Physical Fitness Center</b></p> <p style="text-align: center;">Building 488, Schofield Barracks. 656-4804</p> <p>Monday-Friday: 5:00 am - 9:00 pm Saturday: 7:00 am – 5:00 pm Sunday: 8:00 am – 4:00 pm Holidays (select): 8:00 am - 4:00 pm</p>	<p style="text-align: center;"><b>Fort Shafter Physical Fitness Center</b></p> <p style="text-align: center;">Building 665, Fort Shafter. 438-1152</p> <p>Monday-Friday: 5:00 am - 9:00 pm Saturday: 7:00 am – 5:00 pm Sunday: 8:00 am – 4:00 pm Holidays (select): 8:00 am - 4:00 pm</p>
<p style="text-align: center;"><b>Tripler Army Medical Center (TAMC) Physical Fitness Center</b></p> <p style="text-align: center;">Building 300 433-6443</p> <p>Monday-Thursday: 5:00 am - 7:30 pm Friday: 5:00 am - 6:00 pm Saturday: 10:00 am - 5:00 pm Sunday and Holidays: Closed</p>	<p style="text-align: center;"><b>Aliamanu Military Reservation (AMR) Physical Fitness Center</b></p> <p style="text-align: center;">Building 1780, AMR. 836-0338</p> <p>Monday - Thursday: 6:00 am - 9:00 pm Friday: Closed Saturday - Sunday 10:00 am - 5:00 pm Holidays: Closed</p>	<p style="text-align: center;"><b>Helemano Military Reservation (HMR) Physical Fitness Center</b></p> <p style="text-align: center;">Building 25, HMR. 653-0719</p> <p>Monday - Friday: 6:00 am - 9:00 pm Saturday: 10:00 am - 5:00 pm Sunday: 1:00 - 6:00 pm Holidays: Closed</p>

All PFCs and Swimming Pools are closed on Thanksgiving Day, Christmas Day and New Years Day. Martinez and Fort Shafter PFCs are open on all other Federal Holidays.

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### USAG-HI Swimming Pool Hours of Operation

<p><b>Richardson Pool, Schofield Barracks</b></p> <p>655-9698</p> <p>Mon -Fri 6:00-9:00 am PT Training Only 11:00-6:00 pm Open Swim</p> <p>Sat -Sun 11:00-6:00 pm Open Swim</p> <p>Closed first Tuesday of the month for super-chlorination and open at 2:00 pm First Thursday for Lifeguard Training.</p>	<p><b>TAMC Pool, TAMC Physical Fitness Center</b></p> <p>433-5257</p> <p>Mon, Tue, Thu, Fri 5:30-8:30 am Lap Swim Only 11:00 am-1:00 pm Lap Swim Only 1:00-6:00 pm Open Swim</p> <p>Sat 11:30 am-5:00 pm Open Swim</p> <p>Wed/Sun Closed</p>
<p><b>Helemano Pool* HMR Physical Fitness Center</b></p> <p>653-0716</p> <p>Wed-Sat 10:00 am -5:00 pm Sun 1:00-6:00 pm</p> <p>Mon/Tue Closed</p>	<p><b>Aliamanu Pool* AMR Physical Fitness Center</b></p> <p>833-0255</p> <p>Tue-Thu, Sat 1100 am-5:00 pm 11:00 am - 5:00 pm Open Swim 5:00 pm-6:00 pm Lap Swim Only</p> <p>Sun 11:30 am-5:00 pm</p> <p>Mon and Fri Closed</p>

\* Seasonal Pool – open last week in May to mid October