

UPDATE

24/7 Fitness orientations are held at Fort Shafter and Martinez Physical Fitness Centers for All DoD ID Card Holders 18 years of age or older. See the **December** schedule below.

24/7 FITNESS ORIENTATION

Fort Shafter Physical Fitness Center & Martinez Physical Fitness Center

DECEMBER 2021

ORIENTATION SCHEDULE

Orientations are limited to 10 participants on a first-come, first-serve basis.
 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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
  28	 29	30	Fort Shafter PFC 11:30 a.m. 5:30 p.m.	1	2	Martinez PFC 9:30 a.m.
5	Hanukkah (End) Fort Shafter PFC 11:30 a.m. 	Martinez PFC 11:30 a.m. 6:00 p.m.	Fort Shafter PFC 11:30 a.m. 5:30 p.m.	Martinez PFC 11:30 a.m. 6:00 p.m. Fort Shafter PFC 11:30 a.m. 5:30 p.m.	10	Martinez PFC 9:30 a.m.
12	Fort Shafter PFC 11:30 a.m.	Martinez PFC 11:30 a.m. 6:00 p.m.	Fort Shafter PFC 11:30 a.m. 5:30 p.m.	Martinez PFC 11:30 a.m. 6:00 p.m. Fort Shafter PFC 11:30 a.m. 5:30 p.m.	17	Martinez PFC 9:30 a.m.
19	Fort Shafter PFC 11:30 a.m.	Martinez PFC 11:30 a.m. 6:00 p.m. Yule 	Fort Shafter PFC 11:30 a.m. 5:30 p.m.	22	Christmas Eve 	Christmas Day 
Kwanzaa 	Fort Shafter PFC 11:30 a.m.	Martinez PFC 11:30 a.m. 6:00 p.m.	Fort Shafter PFC 11:30 a.m. 5:30 p.m.	29	New Year's Eve 	
26	27	28	29	30	31	1

For more information, call (808) 655-4804.