

UPDATE

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

24/7 FITNESS ORIENTATION

Fort Shafter Physical Fitness Center & Martinez Physical Fitness Center

JANUARY 2022

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
2	Fort Shafter PFC 11:30 a.m. 3	Martinez PFC 11:30 a.m. 6:00 p.m. 4	Fort Shafter PFC 11:30 a.m. 5:30 p.m. 5	Martinez PFC 11:30 a.m. 6:00 p.m. Fort Shafter PFC 11:30 a.m. 5:30 p.m. 6	7	Martinez PFC 9:30 a.m. 8
9	Fort Shafter PFC 11:30 a.m. 10	Martinez PFC 11:30 a.m. 6:00 p.m. 11	Fort Shafter PFC 11:30 a.m. 5:30 p.m. 12	Martinez PFC 11:30 a.m. 6:00 p.m. Fort Shafter PFC 11:30 a.m. 5:30 p.m. 13	14	Martinez PFC 9:30 a.m. 15
16	Martin Luther King Jr. Day 17	Martinez PFC 11:30 a.m. 6:00 p.m. 18	Fort Shafter PFC 11:30 a.m. 5:30 p.m. 19	Martinez PFC 11:30 a.m. 6:00 p.m. Fort Shafter PFC 11:30 a.m. 5:30 p.m. 20	21	Martinez PFC 9:30 a.m. 22
23	Fort Shafter PFC 11:30 a.m. 24	Martinez PFC 11:30 a.m. 6:00 p.m. 25	Fort Shafter PFC 11:30 a.m. 5:30 p.m. 26	Martinez PFC 11:30 a.m. 6:00 p.m. Fort Shafter PFC 11:30 a.m. 5:30 p.m. 27	28	Martinez PFC 9:30 a.m. 29
30	Fort Shafter PFC 11:30 a.m. 31		1	2	3	4
						U.S. ARMY SPORTS • FITNESS • AQUATICS 5



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