

**UPDATE**

24/7 Fitness orientations are held at Fort Shafter and Martinez Physical Fitness Centers for All DoD ID 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 2023

### ORIENTATION SCHEDULE

Orientations are limited to 25 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
<b>New Year's Day</b> 1	<b>Closed</b> 2	Martinez PFC 12:00 p.m. 6:00 p.m. 3	Fort Shafter PFC 11:30 a.m. 5:30 p.m. 4	Martinez PFC 12:00 p.m. 6:00 p.m. Fort Shafter PFC 11:30 a.m. 5:30 p.m. 5	6	Martinez PFC 9:30 a.m. 7
8	Fort Shafter PFC 11:30 a.m. 9	Martinez PFC 12:00 p.m. 6:00 p.m. 10	Fort Shafter PFC 11:30 a.m. 5:30 p.m. 11	Martinez PFC 12:00 p.m. 6:00 p.m. Fort Shafter PFC 11:30 a.m. 5:30 p.m. 12	13	Martinez PFC 9:30 a.m. 14
15	<b>Martin Luther King Jr. Day</b> 16	Martinez PFC 12:00 p.m. 6:00 p.m. 17	Fort Shafter PFC 11:30 a.m. 5:30 p.m. 18	Martinez PFC 12:00 p.m. 6:00 p.m. Fort Shafter PFC 11:30 a.m. 5:30 p.m. 19	20	Martinez PFC 9:30 a.m. 21
22	Fort Shafter PFC 11:30 a.m. 23	Martinez PFC 12:00 p.m. 6:00 p.m. 24	Fort Shafter PFC 11:30 a.m. 5:30 p.m. 25	Martinez PFC 12:00 p.m. 6:00 p.m. Fort Shafter PFC 11:30 a.m. 5:30 p.m. 26	27	Martinez PFC 9:30 a.m. 28
29	Fort Shafter PFC 11:30 a.m. 30	Martinez PFC 12:00 p.m. 6:00 p.m. 31	1	2	3	 4



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

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