

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 **July** schedule below.

24/7 FITNESS ORIENTATION

Fort Shafter Physical Fitness Center & Martinez Physical Fitness Center

JULY 2022

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	
						Martinez PFC 9:30 a.m.	
26	27	28	29	30	1	2	
3	Fourth of July ★ 4	Martinez PFC 12:00 p.m. 6:00 p.m.	Fort Shafter PFC 11:30 a.m. 5:30 p.m.	Martinez PFC 12:00 p.m. 6:00 p.m. Fort Shafter PFC 11:30 a.m. 5:30 p.m.	7	8	9
10	11	12	13	14	15	16	
	Fort Shafter PFC 11:30 a.m.	Martinez PFC 12:00 p.m. 6:00 p.m.	Fort Shafter PFC 11:30 a.m. 5:30 p.m.	Martinez PFC 12:00 p.m. 6:00 p.m. Fort Shafter PFC 11:30 a.m. 5:30 p.m.		Martinez PFC 9:30 a.m.	
17	18	19	20	21	22	23	
	Fort Shafter PFC 11:30 a.m.	Martinez PFC 12:00 p.m. 6:00 p.m.	Fort Shafter PFC 11:30 a.m. 5:30 p.m.	Martinez PFC 12:00 p.m. 6:00 p.m. Fort Shafter PFC 11:30 a.m. 5:30 p.m.		Martinez PFC 9:30 a.m.	
24	25	26	27	28	29	30	
	Fort Shafter PFC 11:30 a.m.	Martinez PFC 12:00 p.m. 6:00 p.m.	Fort Shafter PFC 11:30 a.m. 5:30 p.m.	Martinez PFC 12:00 p.m. 6:00 p.m. Fort Shafter PFC 11:30 a.m. 5:30 p.m.		Martinez PFC 9:30 a.m.	



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