

Fort Shafter Physical Fitness Center
& Martinez Physical Fitness Center

UPDATE

24/7 Fitness Orientations are held at Fort Shafter & Martinez Physical Fitness Centers for all DoD cardholders 18 years of age or older. See the October schedule below.

24/7 FITNESS ORIENTATION

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

OCTOBER 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
 25	26	27	28	29	30	Martinez PFC 9:30 a.m. 1
2	Fort Shafter PFC 11:30 a.m. 3	Martinez PFC 12:00 p.m. 6:00 p.m. 4	Fort Shafter PFC 11:30 a.m. 5:30 p.m. 5	Martinez PFC 12:00 p.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	Columbus Day/ Indigenous People's Day 10	Martinez PFC 12:00 p.m. 6:00 p.m. 11	Fort Shafter PFC 11:30 a.m. 5:30 p.m. 12	Martinez PFC 12:00 p.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	Fort Shafter PFC 11:30 a.m. 17	Martinez PFC 12:00 p.m. 6:00 p.m. 18	Fort Shafter PFC 11:30 a.m. 5:30 p.m. 19	Martinez PFC 12:00 p.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
23/30	Fort Shafter PFC 11:30 a.m. Halloween 24/31	Martinez PFC 12:00 p.m. 6:00 p.m. 25	Fort Shafter PFC 11:30 a.m. 5:30 p.m. 26	Martinez PFC 12:00 p.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

