

UPDATE

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

24/7 Fitness ORIENTATION

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

Fort Shafter Physical Fitness Center &
Martinez Physical Fitness Center

DECEMBER 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
		Scan to download the digital garrison!		Martinez PFC 12:00 p.m. 6:00 p.m. Fort Shafter PFC 11:30 a.m. 5:30 p.m. 1	2	Martinez PFC 9:30 a.m. 3
4	Fort Shafter PFC 11:30 a.m. 5	Martinez PFC 12:00 p.m. 6:00 p.m. 6	Fort Shafter PFC 11:30 a.m. 5:30 p.m. 7	Martinez PFC 12:00 p.m. 6:00 p.m. Fort Shafter PFC 11:30 a.m. 5:30 p.m. 8	9	Martinez PFC 9:30 a.m. 10
	Fort Shafter PFC 11:30 a.m. 11	Martinez PFC 12:00 p.m. 6:00 p.m. 13	Fort Shafter PFC 11:30 a.m. 5:30 p.m. 14	Martinez PFC 12:00 p.m. 6:00 p.m. Fort Shafter PFC 11:30 a.m. 5:30 p.m. 15	16	Martinez PFC 9:30 a.m. 17
18	Hanukkah Fort Shafter PFC 11:30 a.m. 	Martinez PFC 12:00 p.m. 6:00 p.m. 20	Yule Fort Shafter PFC 11:30 a.m. 5:30 p.m. 21	Martinez PFC 12:00 p.m. 6:00 p.m. Fort Shafter PFC 11:30 a.m. 5:30 p.m. 22	23	Christmas Eve Martinez PFC 9:30 a.m. 24
Christmas Day 	Kwanzaa 	Martinez PFC 12:00 p.m. 6:00 p.m. 27	Fort Shafter PFC 11:30 a.m. 5:30 p.m. 28	Martinez PFC 12:00 p.m. 6:00 p.m. Fort Shafter PFC 11:30 a.m. 5:30 p.m. 29	30	Martinez PFC 9:30 a.m. 31

