

UPDATE

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

Fort Shafter Physical Fitness Center & Martinez Physical Fitness Center

24/7 FITNESS ORIENTATION

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

NOVEMBER 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
 30	31	Día de los Muertos 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.	4	Martinez PFC 9:30 a.m.
6	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.	 11	Martinez PFC 9:30 a.m.
13	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.	18	Martinez PFC 9:30 a.m.
20	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.	Turkey Day 	Black Friday	Martinez PFC 9:30 a.m.
27	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.			



Garrison App