

**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 **December** schedule below.

# 24/7 FITNESS ORIENTATION

Fort Shafter Physical Fitness Center & Martinez Physical Fitness Center



## ORIENTATION SCHEDULE

Orientations are available on a walk-in basis daily after 8:00 a.m.

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
26	27 U.S. ARMY SPORTS • FITNESS • AQUATICS	28	29	30	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	11 Fort Shafter PFC 11:30 a.m.	12 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 Fort Shafter PFC 11:30 a.m.	19 Martinez PFC 12:00 p.m. 6:00 p.m.	20 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 Martinez PFC 9:30 a.m.
24 25 MERRY CHRISTMAS	26	27	28	29	30	31
31	25	26 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.



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