

**UPDATE**

24/7 Fitness orientations are held at Fort Shafter, Martinez, and TAMC 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, & Tripler Army Medical Center Physical Fitness Center

## DECEMBER 2024

### 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
1	Fort Shafter PFC 11:30 a.m. TAMC PFC 12:30 p.m. 5 p.m.	Martinez PFC 12 p.m. 6 p.m.	Fort Shafter PFC 11:30 a.m. 5:30 p.m. TAMC PFC 12:30 p.m. 5 p.m.	Martinez PFC 12 p.m. 6 p.m. Fort Shafter PFC 11:30 a.m. 5:30 p.m.	6	Martinez PFC 9:30 a.m. TAMC PFC 10 a.m.
8	Fort Shafter PFC 11:30 a.m. TAMC PFC 12:30 p.m. 5 p.m.	Martinez PFC 12 p.m. 6 p.m.	Fort Shafter PFC 11:30 a.m. 5:30 p.m. TAMC PFC 12:30 p.m. 5 p.m.	Martinez PFC 12 p.m. 6 p.m. Fort Shafter PFC 11:30 a.m. 5:30 p.m.	13	Martinez PFC 9:30 a.m. TAMC PFC 10 a.m.
15	Fort Shafter PFC 11:30 a.m. TAMC PFC 12:30 p.m. 5 p.m.	Martinez PFC 12 p.m. 6 p.m.	Fort Shafter PFC 11:30 a.m. 5:30 p.m. TAMC PFC 12:30 p.m. 5 p.m.	Martinez PFC 12 p.m. 6 p.m. Fort Shafter PFC 11:30 a.m. 5:30 p.m.	20	Martinez PFC 9:30 a.m. TAMC PFC 10 a.m.
22	Fort Shafter PFC 11:30 a.m. TAMC PFC 12:30 p.m. 5 p.m.	24	Christmas	26	27	Martinez PFC 9:30 a.m. TAMC PFC 10 a.m.
29	Fort Shafter PFC 11:30 a.m. TAMC PFC 12:30 p.m. 5 p.m.	31	1	2	3	4



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