

**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 **April** schedule below.

# 24/7 FITNESS ORIENTATION

Fort Shafter Physical Fitness Center & Martinez Physical Fitness Center

## APRIL 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                                      |
|--|--|---|---|---|-----------|---|
| <br><b>31</b> | <b>Fort Shafter PFC</b><br>11:30 a.m.<br><b>1</b>  | <b>Martinez PFC</b><br>12:00 p.m.<br>6:00 p.m.<br><b>2</b>  | <b>Fort Shafter PFC</b><br>11:30 a.m.<br>5:30 p.m.<br><b>3</b>  | <b>Martinez PFC</b><br>12:00 p.m.<br>6:00 p.m.<br><b>Fort Shafter PFC</b><br>11:30 a.m.<br>5:30 p.m.<br><b>4</b>  | <b>5</b>  | <b>Martinez PFC</b><br>9:30 a.m.<br><b>6</b>  |
| <b>7</b>   | <b>Fort Shafter PFC</b><br>11:30 a.m.<br><b>8</b>  | <b>Martinez PFC</b><br>12:00 p.m.<br>6:00 p.m.<br><b>9</b>  | <b>Fort Shafter PFC</b><br>11:30 a.m.<br>5:30 p.m.<br><b>10</b> | <b>Martinez PFC</b><br>12:00 p.m.<br>6:00 p.m.<br><b>Fort Shafter PFC</b><br>11:30 a.m.<br>5:30 p.m.<br><b>11</b> | <b>12</b> | <b>Martinez PFC</b><br>9:30 a.m.<br><b>13</b> |
| <b>14</b>  | <b>Fort Shafter PFC</b><br>11:30 a.m.<br><b>15</b> | <b>Martinez PFC</b><br>12:00 p.m.<br>6:00 p.m.<br><b>16</b> | <b>Fort Shafter PFC</b><br>11:30 a.m.<br>5:30 p.m.<br><b>17</b> | <b>Martinez PFC</b><br>12:00 p.m.<br>6:00 p.m.<br><b>Fort Shafter PFC</b><br>11:30 a.m.<br>5:30 p.m.<br><b>18</b> | <b>19</b> | <b>Martinez PFC</b><br>9:30 a.m.<br><b>20</b> |
| <b>21</b>  | <b>Fort Shafter PFC</b><br>11:30 a.m.<br><b>22</b> | <b>Martinez PFC</b><br>12:00 p.m.<br>6:00 p.m.<br><b>23</b> | <b>Fort Shafter PFC</b><br>11:30 a.m.<br>5:30 p.m.<br><b>24</b> | <b>Martinez PFC</b><br>12:00 p.m.<br>6:00 p.m.<br><b>Fort Shafter PFC</b><br>11:30 a.m.<br>5:30 p.m.<br><b>25</b> | <b>26</b> | <b>Martinez PFC</b><br>9:30 a.m.<br><b>27</b> |
| <b>28</b>  | <b>Fort Shafter PFC</b><br>11:30 a.m.<br><b>29</b> | <b>Martinez PFC</b><br>12:00 p.m.<br>6:00 p.m.<br><b>30</b> | <b>1</b>  | <b>2</b>  | <b>3</b>  | <b>4</b>                                      |



HiMWR.com or MWR HAWAII

For more information, call (808) 787-0721.