

**UPDATE**

24/7 Fitness orientations are held at Health & Fitness Center, Fort Shafter, Martinez, and TAMC Physical Fitness Centers for All DOD ID Cardholders 18 years of age or older. See the **March** schedule below.

# 24/7 FITNESS ORIENTATION

Fort Shafter Physical Fitness Center, Martinez Physical Fitness Center, Tripler Army Medical Center Physical Fitness Center, & Health & Fitness Center

**MARCH 2025**

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



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