

UPDATE

24/7 Fitness orientations are held at Fort Shafter and Martinez Physical Fitness Centers for All DOD ID Card Holders 18 years of age or older. See the **September schedule** below.

24/7 FITNESS ORIENTATION

Fort Shafter Physical Fitness Center & Martinez Physical Fitness Center

SEPTEMBER 2021

ORIENTATION SCHEDULE

Orientations are limited to 10 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
29	30	31	Fort Shafter PFC 11:30 a.m. 5:30 p.m.	1 Martinez PFC 11:30 a.m. 6:00 p.m. Fort Shafter PFC 11:30 a.m. 5:30 p.m.	2	3 Martinez PFC 9:30 a.m.
5	6	7 Martinez PFC 11:30 a.m. 6:00 p.m.	8 Fort Shafter PFC 11:30 a.m. 5:30 p.m.	9 Martinez PFC 11:30 a.m. 6:00 p.m. Fort Shafter PFC 11:30 a.m. 5:30 p.m.	10	11 Martinez PFC 9:30 a.m.
12	13	14 Martinez PFC 11:30 a.m. 6:00 p.m.	15 Fort Shafter PFC 11:30 a.m. 5:30 p.m.	16 Martinez PFC 11:30 a.m. 6:00 p.m. Fort Shafter PFC 11:30 a.m. 5:30 p.m.	17	18 Martinez PFC 9:30 a.m.
19	20	21 Martinez PFC 11:30 a.m. 6:00 p.m.	22 Fort Shafter PFC 11:30 a.m. 5:30 p.m.	23 Martinez PFC 11:30 a.m. 6:00 p.m. Fort Shafter PFC 11:30 a.m. 5:30 p.m.	24	25 Martinez PFC 9:30 a.m.
26	27	28 Martinez PFC 11:30 a.m. 6:00 p.m.	29 Fort Shafter PFC 11:30 a.m. 5:30 p.m.	30 Martinez PFC 11:30 a.m. 6:00 p.m. Fort Shafter PFC 11:30 a.m. 5:30 p.m.	1	2 



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