

UPDATE

24/7 Fitness orientations are held at Fort Shafter and Martinez Physical Fitness Centers for All DoD cardholders 18 years of age or older. See the **May** schedule below.

24/7 FITNESS ORIENTATION

Fort Shafter Physical Fitness Center & Martinez Physical Fitness Center

MAY 2023

ORIENTATION SCHEDULE

Orientations are limited to 25 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
30	 Lei Day/ May Day Fort Shafter PFC 11:30 a.m.	Martinez PFC 12:00 p.m. 6:00 p.m.	Fort Shafter PFC 11:30 a.m. 5:30 p.m.	Cinco de Mayo Martinez PFC 12:00 p.m. 6:00 p.m. Fort Shafter PFC 11:30 a.m. 5:30 p.m.		Martinez PFC 9:30 a.m.
7	Fort Shafter PFC 11:30 a.m.	Martinez PFC 12:00 p.m. 6:00 p.m.	Fort Shafter PFC 11:30 a.m. 5:30 p.m.	Martinez PFC 12:00 p.m. 6:00 p.m. Fort Shafter PFC 11:30 a.m. 5:30 p.m.		Martinez PFC 9:30 a.m.
 14	Fort Shafter PFC 11:30 a.m.	Martinez PFC 12:00 p.m. 6:00 p.m.	Fort Shafter PFC 11:30 a.m. 5:30 p.m.	Martinez PFC 12:00 p.m. 6:00 p.m. Fort Shafter PFC 11:30 a.m. 5:30 p.m.		Martinez PFC 9:30 a.m.
21	Fort Shafter PFC 11:30 a.m.	Martinez PFC 12:00 p.m. 6:00 p.m.	Fort Shafter PFC 11:30 a.m. 5:30 p.m.	Martinez PFC 12:00 p.m. 6:00 p.m. Fort Shafter PFC 11:30 a.m. 5:30 p.m.		Martinez PFC 9:30 a.m.
28	Memorial Day MURPH Challenge 	Martinez PFC 12:00 p.m. 6:00 p.m.	Fort Shafter PFC 11:30 a.m. 5:30 p.m.			



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