

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 **September** schedule below.

24/7 FITNESS ORIENTATION

Fort Shafter Physical Fitness Center & Martinez Physical Fitness Center

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



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