

**UPDATE**

# 24/7 FITNESS ORIENTATION

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

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

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



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