

UPDATE

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

24/7 FITNESS ORIENTATION

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

NOVEMBER 2024

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



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