

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 **August** schedule below.

AUGUST 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
27	28	29	30	31	1	Martinez PFC 9:30 a.m. TAMC PFC 10 a.m.
3	Fort Shafter PFC 11:30 a.m. LEE HFC 6 p.m.	Martinez PFC 12 p.m. TAMC PFC 6 p.m.	Fort Shafter PFC 11:30 a.m. LEE HFC 6 p.m.	Martinez PFC 12 p.m. TAMC PFC 6 p.m.	8	Martinez PFC 9:30 a.m. TAMC PFC 10 a.m.
10	Fort Shafter PFC 11:30 a.m. LEE HFC 6 p.m.	Martinez PFC 12 p.m. TAMC PFC 6 p.m.	Fort Shafter PFC 11:30 a.m. LEE HFC 6 p.m.	Martinez PFC 12 p.m. TAMC PFC 6 p.m.	15	Martinez PFC 9:30 a.m. TAMC PFC 10 a.m.
17	Fort Shafter PFC 11:30 a.m. LEE HFC 6 p.m.	Martinez PFC 12 p.m. TAMC PFC 6 p.m.	Fort Shafter PFC 11:30 a.m. LEE HFC 6 p.m.	Martinez PFC 12 p.m. TAMC PFC 6 p.m.	22	Martinez PFC 9:30 a.m. TAMC PFC 10 a.m.
24	Fort Shafter PFC 11:30 a.m. LEE HFC 6 p.m.	Martinez PFC 12 p.m. TAMC PFC 6 p.m.	Fort Shafter PFC 11:30 a.m. LEE HFC 6 p.m.	Martinez PFC 12 p.m. TAMC PFC 6 p.m.	29	Martinez PFC 9:30 a.m. TAMC PFC 10 a.m.
31	1	2	3	4	5	6

Download MY ARMY POST APP



HiMWR.com or MWR HAWAII

For more information, call (808) 787-0721.

