

**UPDATE**



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

# 24/7 FITNESS ORIENTATION

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

**SEPTEMBER 2026**

## 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

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

| Sunday | Monday               | Tuesday                                          | Wednesday            | Thursday                                         | Friday | Saturday                     |
|--------|----------------------|--------------------------------------------------|----------------------|--------------------------------------------------|--------|------------------------------|
| 30     | 31                   | Martinez PFC<br>12 p.m.<br>TAMC PFC<br>6 p.m. 1  | Lee HFC<br>6 p.m. 2  | Martinez PFC<br>12 p.m.<br>TAMC PFC<br>6 p.m. 3  | 4      | Martinez PFC<br>9:30 a.m. 5  |
| 6      | HAPPY LABOR DAY 7    | Martinez PFC<br>12 p.m.<br>TAMC PFC<br>6 p.m. 8  | Lee HFC<br>6 p.m. 9  | Martinez PFC<br>12 p.m.<br>TAMC PFC<br>6 p.m. 10 | 11     | Martinez PFC<br>9:30 a.m. 12 |
| 13     | Lee HFC<br>6 p.m. 14 | Martinez PFC<br>12 p.m.<br>TAMC PFC<br>6 p.m. 15 | Lee HFC<br>6 p.m. 16 | Martinez PFC<br>12 p.m.<br>TAMC PFC<br>6 p.m. 17 | 18     | Martinez PFC<br>9:30 a.m. 19 |
| 20     | Lee HFC<br>6 p.m. 21 | Martinez PFC<br>12 p.m.<br>TAMC PFC<br>6 p.m. 22 | Lee HFC<br>6 p.m. 23 | Martinez PFC<br>12 p.m.<br>TAMC PFC<br>6 p.m. 24 | 25     | Martinez PFC<br>9:30 a.m. 26 |
| 27     | Lee HFC<br>6 p.m. 28 | Martinez PFC<br>12 p.m.<br>TAMC PFC<br>6 p.m. 29 | Lee HFC<br>6 p.m. 30 | 1                                                | 2      | 3                            |



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