

**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 DoW ID Cardholders 18 years of age or older. See the **October** schedule below.

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



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