

UPDATE



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 **May** schedule below.

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

MAY 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
26	27	28	29	30	1	Martinez PFC 9:30 a.m. 2
3	Fort Shafter PFC 11:30 a.m. LEE HFC 6 p.m. 4	Martinez PFC 12 p.m. TAMC PFC 6 p.m. 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	8	Martinez PFC 9:30 a.m. 9
10	Fort Shafter PFC 11:30 a.m. LEE HFC 6 p.m. 11	Martinez PFC 12 p.m. TAMC PFC 6 p.m. 12	Fort Shafter PFC 11:30 a.m. LEE HFC 6 p.m. 13	Martinez PFC 12 p.m. TAMC PFC 6 p.m. 14	15	Martinez PFC 9:30 a.m. 16
17	Fort Shafter PFC 11:30 a.m. LEE HFC 6 p.m. 18	Martinez PFC 12 p.m. TAMC PFC 6 p.m. 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	22	Martinez PFC 9:30 a.m. 23
24	MEMORIAL DAY Remember & Honor 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	29	Martinez PFC 9:30 a.m. 30
31	1	2	3	4	5	6



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