

**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 **September** schedule below.

# 24/7 FITNESS ORIENTATION

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

**SEPTEMBER 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
1	**** <b>HAPPY LABOR DAY</b> **** 2	Martinez PFC 12 p.m. 6 p.m. 3	Fort Shafter PFC 11:30 a.m. 5:30 p.m. TAMC PFC 12:30 p.m. 5 p.m. 4	Martinez PFC 12 p.m. 6 p.m. Fort Shafter PFC 11:30 a.m. 5:30 p.m. 5	6	Martinez PFC 9:30 a.m. TAMC PFC 10 a.m. 7
8	Fort Shafter PFC 11:30 a.m. TAMC PFC 12:30 p.m. 5 p.m. 9	Martinez PFC 12 p.m. 6 p.m. 10	Fort Shafter PFC 11:30 a.m. 5:30 p.m. TAMC PFC 12:30 p.m. 5 p.m. 11	Martinez PFC 12 p.m. 6 p.m. Fort Shafter PFC 11:30 a.m. 5:30 p.m. 12	13	Martinez PFC 9:30 a.m. TAMC PFC 10 a.m. 14
15	Fort Shafter PFC 11:30 a.m. TAMC PFC 12:30 p.m. 5 p.m. 16	Martinez PFC 12 p.m. 6 p.m. 17	Fort Shafter PFC 11:30 a.m. 5:30 p.m. TAMC PFC 12:30 p.m. 5 p.m. 18	Martinez PFC 12 p.m. 6 p.m. Fort Shafter PFC 11:30 a.m. 5:30 p.m. 19	20	Martinez PFC 9:30 a.m. TAMC PFC 10 a.m. 21
22	Fort Shafter PFC 11:30 a.m. TAMC PFC 12:30 p.m. 5 p.m. 23	Martinez PFC 12 p.m. 6 p.m. 24	Fort Shafter PFC 11:30 a.m. 5:30 p.m. TAMC PFC 12:30 p.m. 5 p.m. 25	Martinez PFC 12 p.m. 6 p.m. Fort Shafter PFC 11:30 a.m. 5:30 p.m. 26	27	Martinez PFC 9:30 a.m. TAMC PFC 10 a.m. 28
29	Fort Shafter PFC 11:30 a.m. TAMC PFC 12:30 p.m. 5 p.m. 30	1	2	3	4	5 



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