

**UPDATE**

24/7 Fitness orientations are held at Fort Shafter and Martinez Physical Fitness Centers for All DoD ID Cardholders 18 years of age or older. See the **March** schedule below.

# 24/7 FITNESS ORIENTATION

Fort Shafter Physical Fitness Center & Martinez Physical Fitness Center

## MARCH 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
 <b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>1</b>	Martinez PFC 9:30 a.m. <b>2</b>
<b>3</b>	Fort Shafter PFC 11:30 a.m. <b>4</b>	Martinez PFC 12:00 p.m. 6:00 p.m. <b>5</b>	Fort Shafter PFC 11:30 a.m. 5:30 p.m. <b>6</b>	Martinez PFC 12:00 p.m. 6:00 p.m. Fort Shafter PFC 11:30 a.m. 5:30 p.m. <b>7</b>	<b>8</b>	Martinez PFC 9:30 a.m. <b>9</b>
<b>10</b>	Fort Shafter PFC 11:30 a.m. <b>11</b>	Martinez PFC 12:00 p.m. 6:00 p.m. <b>12</b>	Fort Shafter PFC 11:30 a.m. 5:30 p.m. <b>13</b>	Martinez PFC 12:00 p.m. 6:00 p.m. Fort Shafter PFC 11:30 a.m. 5:30 p.m. <b>14</b>	<b>15</b>	Martinez PFC 9:30 a.m. <b>16</b>
HAPPY St. Patrick's DAY <b>17</b>	Fort Shafter PFC 11:30 a.m. <b>18</b>	Martinez PFC 12:00 p.m. 6:00 p.m. <b>19</b>	Fort Shafter PFC 11:30 a.m. 5:30 p.m. <b>20</b>	Martinez PFC 12:00 p.m. 6:00 p.m. Fort Shafter PFC 11:30 a.m. 5:30 p.m. <b>21</b>	<b>22</b>	Martinez PFC 9:30 a.m. <b>23</b>
<b>24</b>	Fort Shafter PFC 11:30 a.m. <b>25</b>	Martinez PFC 12:00 p.m. 6:00 p.m. <b>26</b>	Fort Shafter PFC 11:30 a.m. 5:30 p.m. <b>27</b>	Martinez PFC 12:00 p.m. 6:00 p.m. Fort Shafter PFC 11:30 a.m. 5:30 p.m. <b>28</b>	<b>29</b>	Martinez PFC 9:30 a.m. <b>30</b>
 <b>31</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>



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