

Are you an Active Duty Soldier  
on an alternate work schedule  
needing to use the PFCs outside  
of normal operating hours?

24/7 Fitness  
orientations are held at  
Fort Shafter Physical Fitness Center  
and Martinez Physical Fitness Center  
for Active Duty Soldiers.  
See the **March schedule**  
below.

# 24/7 FITNESS ORIENTATION

Fort Shafter Physical Fitness Center & Martinez Physical Fitness Center

## MARCH 2021

## ORIENTATION SCHEDULE

Orientations are limited to 10 Soldiers on a first-come, first-serve basis.

A Statement of Understanding will be completed and signed to register for access.  
E-4 and below will require Commander signature.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 28	1	Martinez PFC 11:30 a.m. 6:00 p.m.	Fort Shafter PFC 11:30 a.m. 5:30 p.m.	Martinez PFC 11:30 a.m. 6:00 p.m. Fort Shafter PFC 11:30 a.m. 5:30 p.m.	5	Martinez PFC 9:30 a.m. Fort Shafter PFC 9:30 a.m.
7	8	Martinez PFC 11:30 a.m. 6:00 p.m.	Fort Shafter PFC 11:30 a.m. 5:30 p.m.	Martinez PFC 11:30 a.m. 6:00 p.m. Fort Shafter PFC 11:30 a.m. 5:30 p.m.	12	Martinez PFC 9:30 a.m. Fort Shafter PFC 9:30 a.m.
14	15	Martinez PFC 11:30 a.m. 6:00 p.m.	Fort Shafter PFC 11:30 a.m. 5:30 p.m. 	Martinez PFC 11:30 a.m. 6:00 p.m. Fort Shafter PFC 11:30 a.m. 5:30 p.m.	19	Martinez PFC 9:30 a.m. Fort Shafter PFC 9:30 a.m.
21	22	Martinez PFC 11:30 a.m. 6:00 p.m.	Fort Shafter PFC 11:30 a.m. 5:30 p.m.	Martinez PFC 11:30 a.m. 6:00 p.m. Fort Shafter PFC 11:30 a.m. 5:30 p.m.	26	Martinez PFC 9:30 a.m. Fort Shafter PFC 9:30 a.m.
28	29	Martinez PFC 11:30 a.m. 6:00 p.m.	Fort Shafter PFC 11:30 a.m. 5:30 p.m.	1	2	3



For more information, call (808) 655-4804.