

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 **November** schedule below.

24/7 FITNESS ORIENTATION

Fort Shafter Physical Fitness Center & Martinez Physical Fitness Center

NOVEMBER 2023



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 | 1 Fort Shafter PFC 11:30 a.m. 5:30 p.m. | 2 Martinez PFC 12:00 p.m. 6:00 p.m. Fort Shafter PFC 11:30 a.m. 5:30 p.m. | 3 | 4 Martinez PFC 9:30 a.m. |
| 5 | 6 Fort Shafter PFC 11:30 a.m. | 7 Martinez PFC 12:00 p.m. 6:00 p.m. | 8 Fort Shafter PFC 11:30 a.m. 5:30 p.m. | 9 Martinez PFC 12:00 p.m. 6:00 p.m. Fort Shafter PFC 11:30 a.m. 5:30 p.m. | 10 |  VETERANS DAY 11 |
| 12 | 13 Fort Shafter PFC 11:30 a.m. | 14 Martinez PFC 12:00 p.m. 6:00 p.m. | 15 Fort Shafter PFC 11:30 a.m. 5:30 p.m. | 16 Martinez PFC 12:00 p.m. 6:00 p.m. Fort Shafter PFC 11:30 a.m. 5:30 p.m. | 17 | 18 Martinez PFC 9:30 a.m. |
| 19 | 20 Fort Shafter PFC 11:30 a.m. | 21 Martinez PFC 12:00 p.m. 6:00 p.m. | 22 Fort Shafter PFC 11:30 a.m. 5:30 p.m. | 23 Happy Thanksgiving  | 24 | 25 Martinez PFC 9:30 a.m. |
| 26 | 27 Fort Shafter PFC 11:30 a.m. | 28 Martinez PFC 12:00 p.m. 6:00 p.m. | 29 Fort Shafter PFC 11:30 a.m. 5:30 p.m. | 30 Martinez PFC 12:00 p.m. 6:00 p.m. Fort Shafter PFC 11:30 a.m. 5:30 p.m. | 1 | 2 |



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