

UPDATE



24/7 Fitness orientations are held at Lee Health & Fitness Center, HMR, Martinez, and TAMC Physical Fitness Centers for All DOD ID Cardholders 18 years of age or older. See the **October** schedule below.

24/7 FITNESS ORIENTATION

Lee Health & Fitness Center, Helemano Military Reservation, Martinez, and Tripler Army Medical Center Physical Fitness Center

OCTOBER 2026

ORIENTATION SCHEDULE

- 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
27	28	29	30	Martinez PFC 12 p.m. TAMC PFC 6 p.m. 1	2	Martinez PFC 9:30 a.m. 3
4	HMR PFC 6 p.m. Lee HFC 6 p.m. 5	Martinez PFC 12 p.m. TAMC PFC 6 p.m. 6	HMR PFC 6 p.m. Lee HFC 6 p.m. 7	Martinez PFC 12 p.m. TAMC PFC 6 p.m. 8	9	Martinez PFC 9:30 a.m. 10
11	12	Martinez PFC 12 p.m. TAMC PFC 6 p.m. 13	HMR PFC 6 p.m. Lee HFC 6 p.m. 14	Martinez PFC 12 p.m. TAMC PFC 6 p.m. 15	16	Martinez PFC 9:30 a.m. 17
18	HMR PFC 6 p.m. Lee HFC 6 p.m. 19	Martinez PFC 12 p.m. TAMC PFC 6 p.m. 20	HMR PFC 6 p.m. Lee HFC 6 p.m. 21	Martinez PFC 12 p.m. TAMC PFC 6 p.m. 22	23	Martinez PFC 9:30 a.m. 24
25	HMR PFC 6 p.m. Lee HFC 6 p.m. 26	Martinez PFC 12 p.m. TAMC PFC 6 p.m. 27	HMR PFC 6 p.m. Lee HFC 6 p.m. 28	Martinez PFC 12 p.m. TAMC PFC 6 p.m. 29	30	Martinez PFC 9:30 a.m. 31



HiMWR.com or USAG HAWAII

