

UPDATE

24/7 FITNESS ORIENTATION

Fort Shafter Physical Fitness Center, Martinez Physical Fitness Center,
Tripler Army Medical Center Physical Fitness Center, and
Lee Health & Fitness Center

24/7 Fitness
orientations are held at
Lee Health & Fitness Center, Fort Shafter,
Martinez, and TAMC Physical Fitness Centers
for All DOD ID Cardholders 18 years of age
or older. See the [January](#) schedule below.

JANUARY 2026

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

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						Martinez PFC 9:30 a.m.
28	29	30	31	1	2	3
	Fort Shafter PFC 11:30 a.m. LEE HFC 6 p.m.	Martinez PFC 12 p.m. TAMC PFC 6 p.m.	Fort Shafter PFC 11:30 a.m. LEE HFC 6 p.m.	Martinez PFC 12 p.m. TAMC PFC 6 p.m.		Martinez PFC 9:30 a.m.
4	5	6	7	8	9	10
	Fort Shafter PFC 11:30 a.m. LEE HFC 6 p.m.	Martinez PFC 12 p.m. TAMC PFC 6 p.m.	Fort Shafter PFC 11:30 a.m. LEE HFC 6 p.m.	Martinez PFC 12 p.m. TAMC PFC 6 p.m.		Martinez PFC 9:30 a.m.
11	12	13	14	15	16	17
		Martinez PFC 12 p.m. TAMC PFC 6 p.m.	Fort Shafter PFC 11:30 a.m. LEE HFC 6 p.m.	Martinez PFC 12 p.m. TAMC PFC 6 p.m.		Martinez PFC 9:30 a.m.
18	19	20	21	22	23	24
	Fort Shafter PFC 11:30 a.m. LEE HFC 6 p.m.	Martinez PFC 12 p.m. TAMC PFC 6 p.m.	Fort Shafter PFC 11:30 a.m. LEE HFC 6 p.m.	Martinez PFC 12 p.m. TAMC PFC 6 p.m.		Martinez PFC 9:30 a.m.
25	26	27	28	29	30	31



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