

UPDATE



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

24/7 FITNESS ORIENTATION

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

JULY 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
28	29	30	LEE HFC 6 p.m. 1	Martinez PFC 12 p.m. TAMC PFC 6 p.m. 2	3	HAPPY 4 th OF July INDEPENDENCE DAY 24
5	6	Martinez PFC 12 p.m. TAMC PFC 6 p.m. 7	LEE HFC 6 p.m. 8	Martinez PFC 12 p.m. TAMC PFC 6 p.m. 9	10	Martinez PFC 9:30 a.m. 11
12	LEE HFC 6 p.m. 13	Martinez PFC 12 p.m. TAMC PFC 6 p.m. 14	LEE HFC 6 p.m. 15	Martinez PFC 12 p.m. TAMC PFC 6 p.m. 16	17	18
19	LEE HFC 6 p.m. 20	Martinez PFC 12 p.m. TAMC PFC 6 p.m. 21	LEE HFC 6 p.m. 22	Martinez PFC 12 p.m. TAMC PFC 6 p.m. 23	24	Martinez PFC 9:30 a.m. 25
26	LEE HFC 6 p.m. 27	Martinez PFC 12 p.m. TAMC PFC 6 p.m. 28	LEE HFC 6 p.m. 29	Martinez PFC 12 p.m. TAMC PFC 6 p.m. 30	31	1



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