

UPDATE

24/7 FITNESS ORIENTATION

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

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

MAY 2025

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

Download MY ARMY POST APP



HIMWR.com or MWR HAWAII For more information, call (808) 787-0721.

