

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 **September** schedule below.

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



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