

UPDATE

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 **April** schedule below.

24/7 FITNESS ORIENTATION

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

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