

UPDATE

24/7 Fitness orientations are held at Fort Shafter and Martinez Physical Fitness Centers for All DoD ID Cardholders 18 years of age or older. See the **January** schedule below.

24/7 FITNESS ORIENTATION

Fort Shafter Physical Fitness Center & Martinez Physical Fitness Center

JANUARY 2024

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 12:00 p.m. - 6:00 p.m. 2	Fort Shafter PFC 11:30 a.m. - 5:30 p.m. 3	Martinez PFC 12:00 p.m. - 6:00 p.m. Fort Shafter PFC 11:30 a.m. - 5:30 p.m. 4	5	Martinez PFC 9:30 a.m. 6
7	Fort Shafter PFC 11:30 a.m. 8	Martinez PFC 12:00 p.m. - 6:00 p.m. 9	Fort Shafter PFC 11:30 a.m. - 5:30 p.m. 10	Martinez PFC 12:00 p.m. - 6:00 p.m. Fort Shafter PFC 11:30 a.m. - 5:30 p.m. 11	12	Martinez PFC 9:30 a.m. 13
14	 15	Martinez PFC 12:00 p.m. - 6:00 p.m. 16	Fort Shafter PFC 11:30 a.m. - 5:30 p.m. 17	Martinez PFC 12:00 p.m. - 6:00 p.m. Fort Shafter PFC 11:30 a.m. - 5:30 p.m. 18	19	Martinez PFC 9:30 a.m. 20
21	Fort Shafter PFC 11:30 a.m. 22	Martinez PFC 12:00 p.m. - 6:00 p.m. 23	Fort Shafter PFC 11:30 a.m. - 5:30 p.m. 24	Martinez PFC 12:00 p.m. - 6:00 p.m. Fort Shafter PFC 11:30 a.m. - 5:30 p.m. 25	26	Martinez PFC 9:30 a.m. 27
28	Fort Shafter PFC 11:30 a.m. 29	Martinez PFC 12:00 p.m. - 6:00 p.m. 30	Fort Shafter PFC 11:30 a.m. - 5:30 p.m. 31	1	2	3



HiMWR.com or MWR HAWAII

For more information, call (808) 655-4804.