

UPDATE



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

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

NOVEMBER 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
26	27	28	29	30	31	1 Martinez PFC 9:30 a.m.
2	Fort Shafter PFC 11:30 a.m. LEE HFC 6 p.m. 3	Martinez PFC 12 p.m. TAMC PFC 6 p.m. 4	Fort Shafter PFC 11:30 a.m. LEE HFC 6 p.m. 5	Martinez PFC 12 p.m. TAMC PFC 6 p.m. 6	7	8 Martinez PFC 9:30 a.m.
9	Fort Shafter PFC 11:30 a.m. LEE HFC 6 p.m. 10	**** HAPPY VETERANS DAY HONORING ALL WHO SERVED 11	Fort Shafter PFC 11:30 a.m. LEE HFC 6 p.m. 12	Martinez PFC 12 p.m. TAMC PFC 6 p.m. 13	14	15 Martinez PFC 9:30 a.m.
16	Fort Shafter PFC 11:30 a.m. LEE HFC 6 p.m. 17	Martinez PFC 12 p.m. TAMC PFC 6 p.m. 18	Fort Shafter PFC 11:30 a.m. LEE HFC 6 p.m. 19	Martinez PFC 12 p.m. TAMC PFC 6 p.m. 20	21	22 Martinez PFC 9:30 a.m.
23	Fort Shafter PFC 11:30 a.m. LEE HFC 6 p.m. 24	Martinez PFC 12 p.m. TAMC PFC 6 p.m. 25	Fort Shafter PFC 11:30 a.m. LEE HFC 6 p.m. 26	HAPPY THANKS GIVING 27	28	29 Martinez PFC 9:30 a.m.
30	1	2	3	4	5	6