

CLASSES RESUME: JANUARY 6

JANUARY FITNESS CLASSES



@FORTBLISSFITNESS



@FORTBLISSFA

SOTO PFC	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30AM	Reservations Available	Indoor Cycle *EDITH*	Indoor Cycle *SONIA*	Indoor Cycle *EDITH*	Warrior Yogi *JOSE*	Reservations Available
9:00AM		Iron Divas *SONIA*		The Glute Lab *SONIA*	Functional Conditioning *MYKA*	
9:30AM						Boot Camp Cycle *SONIA*
6:00PM	Dance Fitness *MYKA*					
IRONWORKS WEST						
12:00PM		Total Body Circuit *FREE CLASS*		Total Body Circuit *FREE CLASS*		
STOUT PFC						
6:30AM	Reservations Available	Indoor Cycle *SONIA*	Indoor Cycle *EDITH*	Indoor Cycle *SONIA*	Reservations Available	Reservations Available
11:45AM		Total Gym *ROSE*		Total Gym *ROSE*		
5:30PM	Warrior Yogi *JOSE*					

CLASS INFORMATION

PT CLASSES: FREE for Active Duty (0630-0730)
PT RESERVATIONS: \$25 Fee
NO PT CLASSES ON DONASAS

TICKETS: \$3 Active Duty / \$4 All Others
NO REFUNDS
NO CLASSES ON HOLIDAYS

MASSAGE THERAPY & PERSONAL TRAINING

Located at: Soto PFC
20751 Constitution Ave
Fort Bliss, TX

Available by Appointment only
For more Information Call:
915-744-5790/5800

UPCOMING EVENTS

***25 January // 0800-1100 ***
Fort Bliss Health Fair
Soto PFC
8 February // 0900-1200
Muscles Feast
Soto PFC

Registration is Required and can be done at Soto PFC

FOR MORE INFORMATION VISIT BLISS.ARMYMWR.COM OR CALL 915-744-5790/5800