



# INDOOR

# FITNESS

## ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ SEPTEMBER 2021 SCHEDULE ★ ★

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKEND
<b>SOTO PFC</b>	<b>PT HOURS 6:30-7:30 AM</b>	INDOOR CYCLE RESERVATION	INDOOR CYCLE (EDITH)	INDOOR CYCLE (SONIA)	INDOOR CYCLE (SONIA)	INDOOR CYCLE RESERVATION	RESERVATIONS FOR UNITS AVAILABLE UPON REQUEST
		RESERVATION FOR UNITS	MUSCLE UP (SONIA)	CARDIO/CORE (CARRIE)	ZUMBA (ALICIA)	YOGA (ANDI)	
	9:00 - 10:00 AM			TOTAL BODY BOOTCAMP (SONIA)		LEVEL UP (SONIA)	SATURDAY: TURBO-SPIKED (KIRSTEN)   SATURDAY: INDOOR CYCLE (EDITH/SONIA)
	10:15 - 11:15 AM		ZUMBA (ALICIA)		ZUMBA (ALICIA)		SATURDAY: DANCE FITNESS (ALICIA/JESS)
	5:00 - 6:00 PM	TURBO-SPIKED (KIRSTEN)					
	6:00 - 7:00 PM			ZUMBA DANCE FITNESS (ALICIA)			
<b>TURF OR TRACK FIELD</b>	9:00 - 10:00 AM	SOTO PFC TURF FIELD FITFAM BOOTCAMP (DEANNA)	STOUT TRACK FIELD FITFAM BOOTCAMP (BRITTANY)	STOUT TRACK FIELD FITFAM BOOTCAMP (BRITTANY)		SOTO PFC TURF FIELD FITFAM BOOTCAMP (DEANNA)	

★ ★ \*PT RESERVATIONS FOR YOGA ARE AVAILABLE UPON REQUEST AT MILAM PFC FROM 6AM - 7AM\* ★ ★

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKEND
<b>MILAM PFC</b>	11:45 - 12:45 PM	TOTAL GYM (ROSE)		TOTAL GYM (ROSE)			
	6:00 - 7:00 PM	YOGA FOR ATHLETES (ANDI)					

### FITNESS CLASSES:

- Locations:**
  - Soto PFC - 20751 Constitution Ave. Fort Bliss, TX 79918 (Large Group Fitness Room/Cycling Room)
  - Milam PFC - 2499 Cassidy Rd, Fort Bliss, TX 79916 (Total Gym fitness room/Yoga room)
- FitFam Bootcamp classes (held outdoors):**
  - Turf Field: located on Turf Field behind Soto PFC
  - Track Field: located at Stout PFC Track Field
  - Tickets are required- please pay at Soto PFC or Milam PFC for tickets
  - Stroller-aged children are allowed
  - Please bring a water source, yoga mat, and a set of dumbbells
- 0630-0730 classes:**
  - FREE | Active Duty ONLY
  - Reservation for Units are \$25/session ; reservation must be made & paid 48hrs prior to requested date
- All other schedule classes:**
  - \$2.50 (Active Duty) | \$4.00 (all other patrons) - **CREDIT CARD PAYMENT ONLY**
  - Payment for tickets must be made inside Soto PFC / Milam PFC
  - Open to Active Duty, Active Duty Family Members, Retirees, Retiree Family Members- MUST have Valid I.D.
  - No refunds will be given for any reason at any time, with no exceptions.
  - Unused tickets can be used for rescheduled classes or can be transferred to another patron.
  - \* No classes will be held on Government holidays and Fitness Events | PT classes are cancelled on DONSA's
  - Classes may be subject to cancellation due to inclement weather.
- Patrons are encouraged to bring their own towel and water source
- Modifications to exercises will be provided by instructor.



SCAN WITH YOUR SMARTPHONE CAMERA TO SAVE A DIGITAL COPY OF THE SCHEDULE. SCROLL DOWN TO 'GROUP FITNESS SCHEDULE'

**FOR MORE INFORMATION CONTACT: 915.996.0737**

**FOLLOW US ON SOCIAL MEDIA:**  
 @FORT BLISS FITNESS  
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### MASSAGE THERAPY & PERSONAL TRAINING:

- Massage Therapy services are now available by appointment only
  - Book on: [fortblissfitnessmassagetherapy.booksy.com](https://fortblissfitnessmassagetherapy.booksy.com) or <https://bit.ly/3kiUblW>
  - Services: sports, back, neck, shoulders, migraine, injury rehab, deep tissue, massage gun pregnancy, & swedish
- Personal Training services (single or group sessions) are available by appointment only

