



FEBRUARY 2025



CIVILIAN EMPLOYEE FITNESS PROGRAM

STOUT PFC OFFICE 109
(915) 568-5995

CLASS #40

FORT BLISS, TEXAS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2	3 TRX/KB (TONY) IRONWORKS	4	5 WEIGHTS (STAFF) IRONWORKS	6	7 FUNCTIONAL FRIDAY (NATALIE) IRONWORKS EAST T2070 ANZIO WAY	8
9	10 CORE (DELILAH) IRONWORKS	11	12 WEIGHTS (STAFF) IRONWORKS	13	14 INDOOR CYCLING (SONIA) STOUT PFC	15
16	17 NO CLASS	18	19 WEIGHTS (STAFF) IRONWORKS	20	21 STRENGTH & COND. (ARMANDO) IRONWORKS EAST T2070 ANZIO WAY	22
23	24 BACK PREHAB (TONY) IRONWORKS	25	26 WEIGHTS (STAFF) IRONWORKS	27	28 CORE & MOBILITY (NATALIE) IRONWORKS EAST T2070 ANZIO WAY	1 MAR
2 MAR	3 MAR TRX/KB (DELILAH) IRONWORKS	4 MAR BODY COMP STOUT OFFICE 109 0900 - 1300	5 MAR WEIGHTS (STAFF) IRONWORKS	6 MAR BODY COMP STOUT OFFICE 109 0900 - 1300	7 MAR OUTGOING ASSESSMENTS STOUT PFC 0745	8 MAR