



# DECEMBER 2022







## CIVILIAN EMPLOYEE FITNESS PROGRAM

STOUT PFC OFFICE 109  
(915) 568-5995

### CLASS #36

FORT BLISS, TEXAS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4	5 CORE STABILITY (JOSH) IRONWORKS	6	7 WEIGHTS (DR. BRIGGS/JOHN) IRONWORKS	8	9 TRX (ANDY) IRONWORKS	10
11	12 BACK PREHAB (TONY) IRONWORKS	13	14 GAME DAY BOWLING ALLEY	15	16 WEIGHTS (ANDY) IRONWORKS	17
18	19 M.E.F. (JOSH) IRONWORKS	20	21 WEIGHTS (DR. BRIGGS/JOHN) IRONWORKS	22	23 NO CLASS	24 
	26 NO CLASS	27	28 OPEN GYM IRONWORKS	29	30 OPEN GYM IRONWORKS	
	2 JAN NO CLASS	3 JAN	4 JAN WEIGHTS (DR. BRIGGS/JOHN) IRONWORKS	5 JAN	6 JAN TRX (ANDY) IRONWORKS	7 JAN