



# FEBRUARY FITNESS CLASSES



@FORTBLISSFITNESS



@FORTBLISSFA

SOTO PFC	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30AM	Reservations Available	Indoor Cycle *SONIA*	Indoor Cycle *SONIA*	Indoor Cycle *EDITH*	Warrior Yogi *JOSE*	Reservations Available
9:00AM		Iron Divas *SONIA*		The Glute Lab *SONIA*	C <sup>2</sup> Core & Cardio *MYKA*	
10:00AM						Boot Camp Cycle *SONIA*
6:00PM	Dance Fitness *MYKA*		MixedFit Dance Fitness *TASHA*			
<b>IRONWORKS WEST</b>						
12:00PM		Total Body Circuit *FREE CLASS*		Total Body Circuit *FREE CLASS*		
<b>STOUT PFC</b>						
6:30AM	Reservations Available	Indoor Cycle *EDITH*	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

**\*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**