



NOVEMBER 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*	Total Body Strength *MYKA*	The Glute Lab *SONIA*		
10:00AM						Boot Camp Cycle *SONIA*
6:00PM	Dance Fitness *MYKA*					
STOUT PFC						
6:30AM	Reservations Available	Indoor Cycle *SONIA*	Indoor Cycle *EDITH*	Indoor Cycle *SONIA*	Reservations Available	Reservations Available
MILAM PFC						
6:30AM	Reservations Available	Reservations Available	Reservations Available	Reservations Available	Reservations Available	
11:45AM		Total Gym *ROSE*		Total Gym *ROSE*		
6:00PM	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

***27 November // 1800-1930 ***
 Cranksgiving
 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