



JANUARY 8 - MARCH

FITNESS CLASSES



@ FORT BLISS SPORTS
FITNESS AQUATICS



@FORTBLISSSFA

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*		The Glute Lab *SONIA*		
1145AM		Flow to Restore Yoga *MALLORY*				
6:00PM	Indoor Cycle *SOPHIA*	Strong Bodies *SCOTT*	Indoor Cycle *SOPHIA*	Strong Bodies *SCOTT*		
6:30PM			Turn Up Dance Fitness *NICOLE*			
7:00PM	Turn Up Dance Fitness *NICOLE*					
STOUT PFC						
6:30AM	Reservations Available	Indoor Cycle *SONIA*	Indoor Cycle *EDITH*	Indoor Cycle *SONIA*	Reservations Available	Reservations Available
10:00AM						Bootcamp Cycle *SONIA*
6:00PM			Candlelight Flow Yoga *MALLORY*			
MILAM PFC						
6:30AM	Reservations Available	Reservations Available	Reservations Available	Reservations Available	Reservations Available	
11:45PM		Total Gym *ROSE*	Flow to Restore Yoga *MALLORY*	Total Gym *ROSE*		
6:00PM	Warrior Yogi *JOSE*					

CLASS INFORMATION

PT CLASSES: FREE FOR ACTIVE DUTY (0630-0730)
UNIT PT RESERVATIONS: \$25 FEE
NO PT CLASSES ON DONASAS

TICKETS: \$2.50 ACTIVE DUTY/ \$4.00 ALL OTHERS
NO REFUNDS
NO CLASSES ON HOLIDAYS

PERSONAL TRAINING:

Available by Appointment ONLY! For
More Information Call:
915-744-5790/5800

MASSAGE THERAPY

ONLINE BOOKING AVAILABLE!

Located at: Soto PFC
20751 Constitution Ave
Fort Bliss, TX



Visit: <https://bit.ly/3kiUblW>
or Scan the QR Code to Book Now

UPCOMING EVENTS

09 February
Dance Glow Party
1800 Soto PFC

12-24 February
Enhance the Romance
MUST SCAN QR CODE TO BOOK

Registration is Required and can be done at Soto PFC

FOR MORE INFORMATION VISIT BLISS.ARMYMWR.COM OR CALL 915-744-5790/5800