



APRIL - JUNE FITNESS CLASSES



@ FORT BLISS SPORTS FITNESS AQUATICS



@FORTBLISSFA

SOTO PFC	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30AM	Reservations Available	Reservations Available	Indoor Cycle *SONIA*	Indoor Cycle *EDITH*	Warrior Yogi *JOSE*	Reservations Available
9:00AM		Iron Divas *SONIA*		The Glute Lab *SONIA*		
10:00AM						Bootcamp Cycle *SONIA*
11:45AM		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*		Turn Up Dance Fitness *NICOLE*			
STOUT PFC						
6:30AM	Reservations Available	Indoor Cycle *SONIA*	Indoor Cycle *EDITH*	Indoor Cycle *SONIA*	Reservations Available	Reservations Available
6:00PM			Candlelight Flow Yoga *MALLORY*			
MILAM PFC						
6:30AM	Reservations Available	Reservations Available	Reservations Available	Reservations Available	Reservations Available	
11:45AM		Total Gym *ROSE*	Flow to Restore Yoga *MALLORY*	Total Gym *ROSE*		
6:00PM	Warrior Yogi *JOSE*					
IRON WORKS WEST						
10:00AM		Total Body Circuit *FREE CLASS*		Total Body Circuit *FREE CLASS*		

CLASS INFORMATION

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

TICKETS: \$3.00 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

- ***05-11* May Enhance the Romance**
Must Scan QR Code to Book Online
- ***11 May*/ 0830/ Barbellas & Beasts**
Registration is Required and can be done at Soto PFC
- ***16-22 June* Pampering Papas**
Must Scan QR Code to Book Online

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