



SEPTEMBER FITNESS CALENDAR



****0630 PT RESERVATIONS AVAILABLE****

SOTO PFC

MONDAY

6:00 PM DANCE FITNESS *SHAR*

TUESDAY

8:30 AM MAT PILATES *SHANI*

5:30 PM MAT PILATES *FAHN*

6:15 PM YOGA *FAHN*

WEDNESDAY

6:30 AM INDOOR CYCLE *EDITH*

THURSDAY

8:30 AM MAT PILATES *SHANI*

FRIDAY

6:00 PM DANCE FITNESS *HALEY*

SATURDAY -ONLY: SEP 12 & 26

10:00 AM DANCE FITNESS *SHAR*

9:00AM INDOOR CYCLE *ASHLEY*

STOUT PFC

MONDAY

TUESDAY

10:00 AM TOTAL GYM -ONLY: SEP 1, 8, 15 *ROSE*

5:30 PM INDOOR CYCLE *SONIA*

WEDNESDAY

THURSDAY

9:00AM INDOOR CYCLE *ASHLEY*

10:00 AM TOTAL GYM -ONLY: SEP 3, 10, & 17 *ROSE*

5:30 PM INDOOR CYCLE *EDITH*

FRIDAY

SATURDAY

IRONWORKS WEST (CASSIDY RD)

TUESDAY

12:00 PM M.E.F CIRCUIT *TONY*

THURSDAY

12:00 PM TRX/ KETTLEBELLS *TONY*

ATC- AQUATICS TRAINING CENTER

WEDNESDAY -ONLY: SEP 02, 16 & 30

9:00 AM AQUA FIT *WENDY*

CLASS FEE:

\$3 ACTIVE DUTY

\$4 STANDARD

UNIT PT

RESERVATION:

\$25 FEE

RESERVATION POLICY: (48-HR ADVANCE NOTICE)

- RESERVATIONS VALID FOR THE MONTH OF PURCHASE
- NO SHOWS WILL REQUIRE A NEW RESERVATION PURCHASE FOR A FUTURE RESERVATION.

NO REFUNDS * NO PT RESERVATIONS ON DONSAS * NO CLASSES ON HOLIDAYS
****TICKETS MUST BE PURCHASED DURING STAFFED HOURS****
(MONDAY - FRIDAY)

POC: DELILAH.G.CARDENAS.NAF@ARMY.MIL (915)744-5790/5800

FOR MORE INFORMATION VISIT: WWW.BLISS.ARMYMWR.COM

FORT BLISS FITNESS PROGRAM

THE FORT BLISS FITNESS PROGRAM PROVIDES A COMPREHENSIVE AND DIVERSE RANGE OF INSTRUCTIONAL CLASSES DESIGNED TO MEET THE FITNESS NEEDS OF THE ENTIRE COMMUNITY.

ELIGIBILITY: OPEN TO ALL DOD ID CARD HOLDERS & CIVILIAN WORKFORCE.

STRENGTH TRAINING & CONDITIONING

- **POWER PUMP:**
A HIGH-ENERGY WORKOUT USING LIGHT WEIGHTS AND HIGH REPETITIONS TO BURN FAT, BUILD FUNCTIONAL STRENGTH, AND SCULPT LEAN MUSCLE FOR MAXIMUM RESULTS.
- **BOOT CAMP CYCLE:**
A TOTAL-BODY CHALLENGE FOR ALL FITNESS LEVELS THAT COMBINES HEART-POUNDING CYCLING WITH OFF-BIKE CIRCUITS OF BODYWEIGHT EXERCISES, WEIGHTS, AND PLYOMETRICS.
- **TRX (STRENGTH):**
AN ADAPTABLE, LOW-IMPACT EXERCISE SOLUTION THAT PROVIDES A COMPREHENSIVE FULL-BODY WORKOUT SUITABLE FOR ALL FITNESS LEVELS, FROM BEGINNERS TO ELITE ATHLETES.
- **TOTAL GYM:**
AN EFFICIENT AND EFFECTIVE FULL-BODY WORKOUT FOR ANY FITNESS LEVEL. THIS FUN, GOAL-ORIENTED CLASS USES THE TOTAL GYM'S DYNAMIC, GLIDING MOVEMENTS TO WORK MULTIPLE MUSCLE GROUPS AT ONCE, IMPROVING OVERALL STRENGTH AND FUNCTION.

ACTIVE RECOVERY & STABILITY

- **YOGA:**
A CLASS FOR ALL EXPERIENCE LEVELS DESIGNED TO IMPROVE FLEXIBILITY, RANGE OF MOTION, STRENGTH, AND BALANCE. IT AIDS MUSCLE RECOVERY THROUGH VARIOUS POSES AND STRETCHES, WITH MODIFICATIONS AVAILABLE. MEDITATION TECHNIQUES ARE ALSO INTRODUCED.
- **MAT PILATES:**
A CLASS ADAPTABLE FOR ALL LEVELS THAT STRENGTHENS YOUR CORE, IMPROVES FLEXIBILITY, AND ENHANCES THE MIND-BODY CONNECTION THROUGH PRECISE, CONTROLLED MOVEMENTS TO DEVELOP LONG, LEAN MUSCLES AND IMPROVE STABILITY.

AEROBIC & DANCE FITNESS

- **ZUMBA:**
A FUN, FULL-BODY WORKOUT THAT FEELS LIKE A PARTY, USING LATIN AND INTERNATIONAL MUSIC TO KEEP YOU MOTIVATED WHILE BURNING CALORIES.
- **MIXXEDFIT:**
A DYNAMIC AND ENERGETIC DANCE WORKOUT FOR ALL FITNESS LEVELS, COMBINING EASY-TO-FOLLOW DANCE MOVES WITH BOOTCAMP-STYLE BODYWEIGHT TONING.
- **AQUA FIT:**
A LOW-IMPACT WATER AEROBICS CLASS DESIGNED TO IMPROVE CARDIORESPIRATORY FITNESS WITHOUT PUTTING UNDUE STRESS ON JOINTS AND BONES. BUILDS ENDURANCE, FLEXIBILITY, AND MUSCLE TONE, MAKING IT PERFECT FOR ALL FITNESS LEVELS OR THOSE SEEKING ACTIVE RECOVERY.