



# JULY 2024



## CIVILIAN EMPLOYEE FITNESS PROGRAM

STOUT PFC OFFICE 109  
(915) 568-5995

## CLASS #39

FORT BLISS, TEXAS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2	1  AGILITY (TONY) IRONWORKS	2	3  WEIGHTS (STAFF) IRONWORKS	4  <i>Happy 4<sup>th</sup> of July</i>	5  NO CLASS	6
7	8  M.E.F. (DELILAH) IRONWORKS	9	10  WEIGHTS (STAFF) IRONWORKS	11  BODY COMP 0800-1800 IRONWORKS	12  STRENGTH (ARMANDO) IRONWORKS EAST T2070 ANZIO WAY	13
14	15  TRX/KB (TONY) IRONWORKS	16	17  WEIGHTS (STAFF) IRONWORKS	18	19  FUNCTIONAL FRIDAY (NATALIE) IRONWORKS EAST T2070 ANZIO WAY	20
21	22  MOBILITY (DELILAH) IRONWORKS	23	24  WEIGHTS (STAFF) IRONWORKS	25	26  CORE & CONDITIONING (ARMANDO) IRONWORKS EAST T2070 ANZIO WAY	27
28	29  AQUA STRENGTH (TONY) AQUATICS TRAINING CENTER	30	31  WEIGHTS (STAFF) IRONWORKS	1 AUG	2 AUG  GAME DAY STOUT PFC	3 AUG