



# FORT BLISS MWR

## 5K Kids Run: Star Wars

Youth Sports

May 4 // 9 - 11:30AM // Youth Sports Plex  
INFO: 915-568-2617

## Dad's Day in the Park

Army Community Services

May 4 // 10:30AM-12:30PM // Biggs Park  
INFO: 915-568-8149/9032 or 915-569-5374

## Civilian Employee Fitness Program

Mission Essential Fitness (MEF)

May 8 // 12 - 1PM // Ironworks West  
INFO: 915-568-2892

## Barbellas & Beasts

Fort Bliss Fitness

May 11 // 8AM - 1PM // Soto PFC // \$30  
INFO: 915-744-5790

## Flow to Restore Yoga

Fort Bliss Fitness

Tuesdays // 11:45AM // Soto PFC // \$2.50 for  
Active-Duty and \$4 for all others  
INFO: 915-744-5790

## Commander's Cup Ten Miler Qualifier Sports

May 17 // 6:30AM // Soto PFC // Free  
INFO: 915-744-5785

## Tin Mine Hike

Outdoor Recreation

May 18 // 8AM-2PM // Soto PFC  
INFO: 915-744-1532

## Strong B.A.N.D.S. Play Day

Underwood Golf

May 27 // Call to schedule tee time //  
Underwood Golf Complex // \$17 cart fee  
INFO: 915-568-1059

## COMMIT-STAY FIT!

#STRONGBANDS

STEP

1

Attend featured fitness events at your garrison

STEP

2

Wear your STRONG B.A.N.D.S. wristband throughout May to show your commitment to a healthy lifestyle

STEP

3

Gain valuable fitness tips throughout May by visiting [ArmyMWR.com/STRONGBANDS](https://www.armymwr.com/STRONGBANDS)

