



JULY - SEPTEMBER FITNESS CLASSES



@FORTBLISSFITNESS



@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						Boot Camp Cycle *SONIA*
11:45AM		Flow to Restore Yoga *MALLORY*				
6:00PM	Indoor Cycle *SOPHIA*		Indoor Cycle *SOPHIA*			
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*					

CLASS INFORMATION

PT CLASSES: FREE for Active Duty (0630-0730)
PT RESERVATIONS: \$25 Fee
NO PT CLASSES ON DONSAF

TICKETS: \$3 Active Duty / \$4 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

***11 September // 0530-2030 ***

9/11 Memorial Stair Climb
Soto PFC

05 October // 0830

Muscles Feast
Soto PFC

Registration is Required and can be done at Soto PFC

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