



February is
**AMERICAN
HEART
MONTH**

Brussels FMWR February 2023

**BLACK
HISTORY
MONTH**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
FEBRUARY CHALLENGE COUPLES WORKOUT @FITNESS CENTER			1 Sponsorship Training 9AM Employment Networking/ Online Resources/ Self-Marketing 9:30AM @ACS Functional Fitness 9:15AM @Fitness Center StoryTime 3:30PM Crafternoon 4PM @Library	2 Senior Leaders Domestic Violence 9:30AM Assertiveness Training 10AM Dressing for Success 10AM@ACS Pump It Up 10:30AM Yoga 12:30PM @Fitness Makerspace 11AM @Library	3 Core and Hit 9:15AM @Fitness Center Launching Hope Teen Parent Workshop 2PM@ACS First Friday Fun 4PM @3 Star	4
5 Family Game Day 11AM @Library	6 Functional Fitness 9:15AM @Fitness Center	7 Pump It Up 10:30AM Yoga 12:30PM @Fitness Permanent Change of Station 9AM Beginning Resume Training & Job Search 10AM @ACS Adult Book Club 11:30AM @Library	8 Functional Fitness 9:15AM @Fitness Spouse Sponsorship Training 9AM EPC Informational Brief 11AM @ACS Lego Time 11AM @Library	9 Community Host Nation Orientation Training 9AM @ACS Pump It Up 10:30AM Yoga 12:30PM @Fitness Puzzlepalooza 11AM @Library	10 Core and Hit 9:15AM @Fitness Center Launching Hope Teen Parent Workshop 2PM@ACS Karaoke Night 6PM @3 Star Art Attack-TBD 6:30PM@Library Parent's Night Out 6:30PM @CYS	11
12 Lego Time 11AM @Library	13 Functional Fitness 9:15AM @Fitness Center	14 Vesting in TSP 9:AM Editing Resume Training 10AM @ACS Pump It Up 10:30AM Yoga 12:30PM @Fitness	15 Functional Fitness 9:15AM@Fitness Ten Steps to a Federal Job 9:30AM @ACS Puzzlepalooza 11AM @Library	16 Pump It Up 10:30AM Yoga 12:30PM @Fitness Makerspace 11AM @Library	17 Core and Hit 9:15AM @Fitness Center Launching Hope Teen Parent Workshop 2PM@ACS Couples Night-Shape Band 5PM @3 Star	18
19	20 PRESIDENT'S DAY 3 Star, Library, CYS, Fitness Center Closed (24/7 open)	21 Continuation Pay 9AM Completing Resume Training 10AM Stress Management 10AM @CYS Pump It Up 10:30AM Yoga 12:30PM @Fitness	22 Functional Fitness 9:15AM @Fitness Center Lego Time 11AM @Library	23 Pump It Up 10:30AM Yoga 12:30PM @Fitness Puzzlepalooza 11AM @Library	24 Core and Hit 9:15AM @Fitness Center City Madness 9AM Launching Hope Teen Parent Workshop 2PM@ACS Trivia Night 6PM @3 Star	25
26 Smorgasbord of Fun 11AM @Library	27 Functional Fitness 9:15AM @Fitness Center	28 Promotion 9AM @ACS Pump It Up 10:30AM Yoga 12:30PM @Fitness				

For more information, visit: brussels.armymwr.com

DATES ARE SUBJECT TO CHANGE

