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**AUGUST 2019**



### **FUN FOR FAMILIES BOWLING**

**FRIDAY, JANUARY 17**

**5:30 - 7:30 PM**

**PIZZA BOWL - SHAPE**

Join Child and Youth Services (CYS) for the first 2020 FFF! Fun for Families is held every 3rd Friday. In January, FFF will be held on SHAPE. Subsequent months will be held at the regular location, Chievres Fitness Center, unless otherwise stated. Children must be registered with CYS. For more information, visit [chievres.armymwr.com](http://chievres.armymwr.com).



### **MONTHLY FITNESS CHALLENGE**

**JANUARY 1 - 31**

**BRUSSELS FITNESS CENTER**

The monthly challenge for January will get you ready for fitness in 2020! Do one or both challenges throughout the month:

Beginner Squats: 50,000 LB

Intermediate Squats: 75,000 LB

Advanced Squats: 100,000 LB and/or

Beginner Run: 40 miles

Intermediate Run: 70 miles

Advanced Run: 100 miles



UNITED STATES ARMY INSTALLATION MANAGEMENT COMMAND

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# CHIEVRES

**WEDNESDAY, JANUARY 8**

**6 - 8 PM**

• 3V3 BASKETBALL TOURNAMENT

FITNESS CENTER

**SATURDAYS DURING WINTER**

**11 AM**

• YOUTH BOWLING

CYS

**FRIDAY, JANUARY 17**

**5:30 - 7:30 PM**

• FUN FOR FAMILIES

CYS

**MONDAYS**

**5:30 - 6:30 PM**

• BOXING WORKOUT CLASS

FITNESS CENTER

**TUESDAYS**

**5 - 6 PM**

• FUNCTIONAL MOBILITY FITNESS

FITNESS CENTER

## BRUSSELS

**JANUARY FITNESS CHALLENGE**

• SQUAT OR RUN CHALLENGE

**EVERY 1ST TUESDAY**

**11 AM**

• EAT BETTER, FEEL BETTIER

FITNESS

**TUESDAY & WEDNESDAY**

**11:30 - 1:30 PM**

• PIZZA, WINGS AND SALAD

3 STAR

**JANUARY 14 & 24**

**2 - 5 PM**

• MAKER SPACE

LIBRARY

**CYS SPORTS AND FITNESS**

• CONTACT CYS FOR REGISTRATION DATES

## BRUNSSUM

Opening early 2020!

Like us on Facebook @BrunssumMWR

Virtual Reality  
Escape Rooms  
Bouldering Room  
Games  
Dining and more!

## SERVICES DIRECTORY

### CHIEVRES

Auto Skills Center	+32 (0) 68.27.5796
Kennel	+32 (0) 68.27.5436
CYS	+32 (0) 65.32.6839
Chievres Library	+32 (0) 68.27.5767
SHAPE Library	+32 (0) 65.44.5631
Equipment Rental	+32 (0) 68.27.5796
Chievres Fitness Center	+32 (0) 68.27.5643
Army Lodge	+32 (0) 68.26.7111

### BRUSSELS

3 Star Recreation Center	+32 (0) 27.17.9822
CYS	+32 (0) 27.17.9783
Brussels Library	+32 (0) 27.17.9791
Fitness Center	+32 (0) 27.17.9667

### BRUNSSUM

CYS	+31 (0) 45.534.0266
Brunssum Library	+31 (0) 45.526.2669
ODR	+31 (0) 45.534.4232
Fitness Center	+31 (0) 45.534.4232
Brunssum Trips & Tours	+31 (0) 45.534.4232



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