



MWR GROUP FITNESS SCHEDULE

LOCATIONS:

Hercules PFC- BLDG 402, 763 Armistead St. Fort Bragg, NC 28307

November 2022

TIME	MON	TUE	WED	THURS	FRI	SAT
6:40 AM		Reservation Only Spin		Zumba Brandi * Free For Active Duty * No Class 17 th		
8:45 AM						Ultimate Workout Rachel
9:30 AM			Wellbeats Yoga & Pilates			
10:00 am	HIIT + Mobility Tabitha No Class 14 th & 21 st			Cycle Plus April No Class 3 rd	Yoga Tabitha No Class 18 th	Zumba Gloria
11:00 AM	Zumba Gloria	Wellbeats Cycle		Zumba Gloria	Zumba Gloria	
Evening Class Schedule						
4:30 PM						
5:30 PM	Zumba Brandi	Zumba Gloria	Zumba Brandi No Class 16 th	Wellbeats Step		
6:30 PM						

Fitness Classes Registration:

- Open to Active Duty, Retirees, Active Duty & Retiree Family Members, Contractors DoD Civilians, and Approved Guests
 - Must have a Valid ID
- Length of class sessions vary
- \$5 Drop in class pass (Credit/ Debit Card Payment Only)
- 10 punch pass: \$45 (1 free class)
- 20 punch pass: \$85 (3 free classes)
- Wellbeats is a free virtual class held inside Hercules PFC



SCAN ME



**Hercules PFC Closed
November 11th & 24th**

**Turkey Burn
November 19th**
0845-1100
Free
45 min blast classes

**Cyber Monday Fitness
Deals
November 28th**

For more information:
Please Contact, Hercules PFC
(910) 394-2892
WEBSITE: bragg.armymwr.com

