

HERCULES PHYSICAL FITNESS CENTER

GROUP FITNESS SCHEDULE

January 2019

TIME	MON	TUE	WED	THURS	FRI	SAT
7:30 am						Ultimate Workout Ruby
8:45 AM	Dance & Tone Express April	Bootcamp Rachel	Dance & Tone Express April	Bootcamp Rachel		Sculpted 8:30 Rachel
9:40 AM	Flow Yoga Dave WellBeats 7 th (FREE)		Flow Yoga Dave WellBeats 2 nd , 8 th (FREE)		Flow Yoga Dave Wellbeats 4 th , 11 th (FREE)	
10:30 AM						Basic Flow Yoga Theresa
10:45 AM	Zumba Emily		Zumba Zorayda No Class 2 nd	HIIT Eileen	Zumba Zorayda	
12:00 PM	Cycle Karen	Cycle Leonard	Cycle Karen	Kickboxing Eileen	Core Karen	Pre-Natal Yoga 1300 Theresa
5:30 PM	Strength & Cardio April	Step Eileen	Strength & Cardio April Wellbeats 9 th (Free)	Step Eileen		
6:30 PM		Restorative Yoga Beau	Yoga Flow Theresa Wellbeats 2 nd (FREE)	Restorative Yoga Beau		

No class 1st or 21st Martin Luther King Jr. Birthday.

Wellbeats classes are FREE and will be offered when an instructor is not available.

\$4 per class

\$35 for 10 classes

\$50 for 20 classes

For more information, call Hercules PFC at (910) 394-2892.

WEBSITE: bragg.armymwr.com



TOWLE COURTS PHYSICAL FITNESS CENTER

GROUP FITNESS SCHEDULE

January 2019

TIME	MON	TUE	WED	THURS	FRI	SAT
6:30 AM	Cycle Stacy	Cycle Luisa <i>29th Stacey B</i>	Cycle Stacy	Cycle Stacy /Luisa	Cycle Leonard	
8:30 AM		Yoga Hatha Beau		Yoga Hatha Beau		
9:30 AM	Sculpted Rachel	Kickboxing Wellbeats (FREE)	Sculpted Eileen	Step /Stomp Wellbeats (FREE)	Sculpted Rachel	
10:45 AM	Bootcamp Stacey B	Vibe Dance Wellbeats (FREE)	Butts & Guts Stacey B	Vibe Dance Wellbeats (FREE)		
12:00 PM	Cycle Ex Leonard		Cycle Ex Stacey B			
4:30 PM	Sculpted Eileen	Cycle Rachel	Cycle Leonard <i>23rd Stacey B</i> Sculpted Rachel	Cycle Rachel Pilates Wendy		
5:30 PM	Zumba Jermarie	Ultimate Workout Ruby	Zumba Zorayda <i>2nd Rachel</i>	Ultimate Workout Ruby		

No class 1st, 18th (Towle Only) or 21st Martin Luther King Jr. Holiday

* Wellbeats is a virtual class and is FREE

\$4 per class
\$35 for 10 classes
\$50 for 20 classes

For more information, Towle Courts PFC at (910) 432-6493
WEBSITE: bragg.armymwr.com



TOLSON POOL GROUP FITNESS SCHEDULE

January 2019

TIME	MON	TUE	WED	THURS	FRI	SAT
09:00 AM * New Class		*Aqua Zumba 0900 Shea-ra		*BOGA Flow 0900 Shea-ra		FREE DEMO 26 th Aqua Zumba
09:30 AM						FREE DEMO 26 th Water Aerobics
10:00 AM						FREE DEMO 26 th Aqua Cycle
10:00 AM	Water Aerobics Shea-ra	Aqua Cycle Shea-ra	Water Aerobics Karen	Aqua Cycle Shea-ra	Water Aerobics Shea-ra	FREE DEMO 26 th BOGA Flow
12:00 PM * New Class		*Aqua Cycle EX Wendi		*Aqua Cycle EX Wendi		

No classes 1st or 21st Martin Luther King Jr. Birthday

\$4 per class
 \$35 for 10 classes
 \$50 for 20 classes

For more information, call Tolson Pool (910)643-8533.
 WEBSITE: bragg.armymwr.com

