

# MWR



## GROUP FITNESS

### LOCATIONS:

Hercules PFC- BLDG 402, 763 Stiner Rd. Fort Bragg, NC 28307  
Tolson Pool- BLDG 4-1431 Normandy Dr. Fort Bragg, NC 28307

## June 2025

TIME	MON	TUES	WED	THURS	FRI	SAT
6:40 AM			Monday- Friday PT Hour Group Fitness Classes Available By Reservation			
9:00 AM						
9:30 AM						Body Pump Rachel No Class June 14 <sup>th</sup>
10:00 AM	Yoga Ashley	Yoga Mimi	Yoga Ashley		Yoga Ashley	
11:00 AM	Zumba April June 9 <sup>th</sup> & 23 <sup>rd</sup>		Zumba April June 11 <sup>th</sup> & 25 <sup>th</sup>			

### Tolson Pool Schedule

8:30 AM			Aqua Spin Wendi			
10:30 AM		Aqua Zumba Aubrey				
12:00 PM				Aqua Spin Wendi No Class June 19 <sup>th</sup>		

### Evening Class Schedule

TIME	MON	TUES	WED	THURS	FRI	
5:30 PM		Sculpt & Power Yoga Amanda		PIYO Ashley No Class June 19 <sup>th</sup>		
6:00 PM						
6:30 PM						



**Cost:**  
**(Credit/ Debit Card Only)**  
- Drop in: \$5.00  
- Punch Passes:  
- 10 punch- \$45.00  
- 20 punch- \$85.00