

MWR

GROUP FITNESS




Group Fitness
Webpage

LOCATIONS:

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

April 2025

TIME	MON	TUES	WED	THURS	FRI	SAT
6:40 AM	Monday- Friday PT Hour Group Fitness Classes Available By Reservation			Zumba Brandi No Class April 24 th		
9:00 AM	Yoga Ashley		Yoga Ashley		Yoga Ashley	
9:30 AM			April 16 th Bring your Children for a kid friendly workout! 0900-1100			Body Pump Rachel
10:00 AM	Zumba Gloria	Yoga Mimi	Dance and Tone April No Class April 23 rd	Yoga Mimi	Zumba Gloria	
10:30 AM						
12:00 PM						

Tolson Pool Schedule

6:40 AM				Tolson Pool will reopen April 7 th Questions, Please contact 910-643-8533		
8:30 AM			Aqua Spin Wendi			
10:30 AM		Aqua Zumba Aubrey				

Evening Class Schedule

TIME	MON	TUES	WED	THUR	FRI
5:30 PM	Hip Hop Zumba Brandi No Class April 21 st & 28 th	Yoga Amanda Sub Ashley - April 29 th	Zumba Gloria		
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