

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

July 2025

TIME	MON	TUES	WED	THURS	FRI	SAT
6:40 AM			Monday- Friday PT Hour Group Fitness Classes Available By Reservation			
9:00 AM	Yoga Ashley		Yoga Ashley		Yoga Ashley No Class July 4 th	
9:30 AM						Body Pump Rachel
10:00 AM	Zumba Gloria	Yoga Mimi	Dance & Tone April No Class July 9 th & 16 th		Zumba Gloria No Class July 4 th	
11:00 AM		Dance & Tone April July 8 th & 15 th				
Tolson Pool Schedule						
8:30 AM			Aqua Spin Wendi			
9:00 AM						Aqua Spin Wendi July 12 th
10:30 AM		Aqua Zumba Aubrey				
12:00 PM				Aqua Spin Wendi		
Evening Class Schedule						
TIME	MON	TUES	WED	THURS	FRI	
5:00 PM			Yoga Emily			
5:30 PM		Sculpt & Power Yoga Amanda Ashley - July 15 th & 22 nd		PIYO Ashley No Class July 3 rd		
6:30 PM						

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

