

MWR

GROUP FITNESS



Group Fitness
webpage

Leprechaun Jig
March 17th
0900-1100

LOCATIONS:

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

March 2025

TIME	MON	TUES	WED	THURS	FRI	SAT
6:40 AM	Monday- Friday PT Hour Group Fitness Classes Available By Reservation			Zumba Brandi		
9:00 AM	Yoga Ashley		Yoga Ashley		Yoga Ashley	
9:30 AM						Body Pump Rachel
10:00 AM	Zumba Gloria	Yoga Mimi	Dance and Tone April No Class March 26 th	Yoga Mimi Ashley- March 13 th	Zumba Gloria	
10:30 AM						
12:00 PM					Hip Hop Step Cierra	

Tolson Pool Schedule

6:40 AM	Tolson Pool is currently closed for maintance, Please contact 910-643-8533 for latest update.					
8:30 AM			Aqua Spin Wendi			
10:30 AM		Aqua Zumba Aubrey		Aqua Zumba Aubrey		

Evening Class Schedule

TIME	MON	TUES	WED	THUR	FRI
5:30 PM	Hip Hop Zumba Brandi	Yoga Amanda	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

SHENANI
GAINS