

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

August 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 Sub Mimi Aug 18 th		Yoga Ashley No Class August 20 th		Yoga Ashley Sub Mimi Aug 15 th & 22 nd	
9:30 AM			August 27 th Back to school Kid friendly Yoga/ Zumba 0900-1100			Body Pump Rachel
10:00 AM	Zumba Gloria	Yoga Mimi	Dance & Tone 1030 April No Class August 13 th		Zumba Gloria	
11:00 AM						

Tolson Pool Schedule

8:30 AM			Aqua Spin Wendi No classes 18 th – 3 rd September			
9:00 AM						Aqua Spin Wendi No classes 18 th – 3 rd September
10:30 AM		Aqua Zumba Aubrey No classes 18 th – 3 rd September				
12:00 PM				Aqua Spin Wendi No classes 18 th – 3 rd September		

Evening Class Schedule

TIME	MON	TUES	WED	THURS	FRI	SAT
4:30 PM						
5:30 PM		Sculpt & Power Yoga Amanda		Yoga Emily No class August 7 th and 28 th		
6:30 PM						

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

Events:
Hedrick Stadium
Aug 27th @1815
Fastest Man/Woman
Competition
Ryder Tennis Courts
Aug 29th @ 1815
Pop Up Pickleball
Tournament