

MWR

GROUP FITNESS



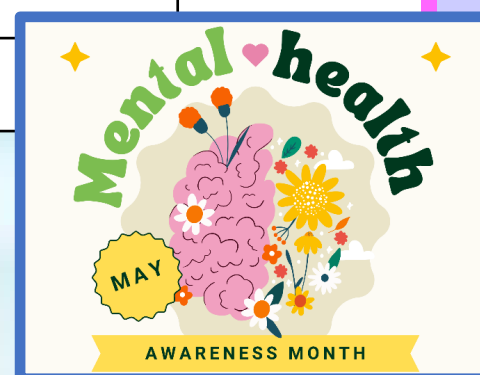
Group Fitness
webpage

LOCATIONS:

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

MAY 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	
9:30 AM	Cinco De Mayo Party May 5 th 0900-1130 				May 2 nd 0900-1100 Mental Health Awareness Kick- Off	Body Pump Rachel
10:00 AM	Zumba Gloria	Yoga Mimi	Dance and Tone April No Class May 14 th & 21 st		Zumba Gloria	
10:30 AM						
Tolson Pool Schedule						
8:30 AM			Aqua Spin Wendi			
10:30 AM		Aqua Zumba Aubrey No Class May 27 th				
12:00 PM				Aqua Spin Wendi		
Evening Class Schedule						
TIME	MON	TUES	WED	THURS	FRI	
5:30 PM		Yoga Amanda		PIYO Ashley		
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