

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

January 2026

TIME	MON	TUES	WED	THURS	FRI	SAT
6:30 AM			Monday- Friday PT Hour Group Fitness Classes Available By Reservation			
9:00 AM	Power Yoga Ashley No Class Jan. 2 nd & 19 th		Slow Flow Yoga Ashley		Restorative Yoga Ashley	
9:30 AM						Body Pump Rachel
10:00 AM	Zumba Gloria No Class Jan. 19 th				Zumba Gloria	
11:00 AM						

Tolson Pool Schedule

8:30 AM			Aqua Spin Wendi			
9:00 AM						Aqua Spin Wendi January 10 th
10:30 AM		Aqua Zumba Aubrey				Aqua Zumba Aubrey Free Class
12:00 PM				Aqua Spin Wendi No class Jan. 1 st		

Evening Class Schedule

TIME	MON	TUES	WED	THURS	FRI	
4:30 PM						
5:30 PM		Sculpt & Power Yoga Amanda	Zumba Gloria			
6:30 PM	Spin Wendi No Class Jan. 19 th					

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

Events:

Commanders
Cup Preseason
Jan.5th – 16th

Pop Up 1000
Pound Club
Ritz Epps
Jan. 9th