

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. 2nd & 19th		Slow Flow Yoga Ashley		Restorative Yoga Ashley	
9:30 AM						Body Pump Rachel
10:00 AM	Zumba Gloria No Class Jan. 19th				Zumba Gloria	
11:00 AM						

Tolson Pool Schedule

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

Evening Class Schedule

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

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