

# MWR GROUP FITNESS SCHEDULE

## LOCATIONS:

Hercules PFC- BLDG 402, 763 Armistead St. Fort Bragg, NC 28307  
Tolson Pool- 1431 Normandy Dr, Fort Bragg, NC 28307

## August 2022



**SCAN ME**



**August 27th  
Back To School Bash  
0830-1130**

No Classes:  
August 19<sup>th</sup>

For more information:  
Please Contact, Hercules PFC  
(910) 394-2892  
WEBSITE: [bragg.armymwr.com](http://bragg.armymwr.com)

TIME	MON	TUE	WED	THURS	FRI	SAT
6:40 AM		Reservation Only Spin		Zumba Brandi * Free For Active Duty *		
8:45 AM						Ultimate Workout Rachel
9:30 AM						
10:00 am	Tolson Pool Water Aerobics Missi Coming Soon		Tolson Pool Water Aerobics Missi Coming Soon			Zumba Gloria
10:30 AM	Yoga Tabitha	HIIT Tabitha	Dance and Tone April	Step Eileen Starting Aug 11 <sup>th</sup>	Zumba Gloria	
11:30 AM	Zumba Gloria	Yoga Tabitha		Zumba Gloria		
Evening Class Schedule						
4:30 PM						
5:30 PM	Zumba Brandi	Zumba Gloria	Zumba Brandi No Class Aug 3 <sup>rd</sup>	Wellbeats		
6:00 PM						
6:30 PM						

## Fitness Classes Registration:

- Open to Active Duty, Retirees, Active Duty & Retiree Family Members, Contractors DoD Civilians, and Approved Guests
  - Must have a Valid ID
- Length of class sessions vary
- \$4 Drop in class pass (Credit/ Debit Card Payment Only)
- 10 class pass: \$35 (\$3.50 per class)
- 20 class pass: \$50 (\$2.50 per class)
- Wellbeats is a free virtual class
- Aqua Fitness will be held at Tolson Pool: 910-643-8533