

MWR GROUP FITNESS SCHEDULE

LOCATIONS:

Hercules PFC- BLDG 402, 763 Armistead St. Fort Bragg, NC 28307

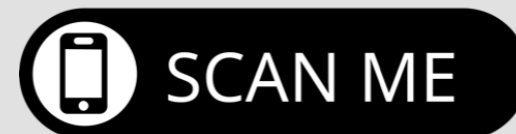
Tolson Pool- 1431 Normandy Dr, Fort Bragg, NC 28307

January 2022

TIME	MON	TUE	WED	THURS	FRI	SAT
6:40 AM		Reservation Only Spin		Zumba Brandi * Free For Active Duty *		
8:45 AM						Sculpted Rachel
9:30 AM			Tone Express April		Sculpted Rachel	
10:00 am			Cardio Dance Fitness April			Zumba Gloria
10:30 AM		Yoga Tabitha		Yoga Tabitha No Class Jan 6th	Zumba Gloria	
11:30 AM		Zumba Gloria		Zumba Gloria		
Evening Class Schedule						
4:30 PM						
5:30 PM		Wellbeats	Zumba Gloria	Wellbeats		
6:00 PM	Zumba Brandi					
6:30 PM						

Fitness Classes Registration:

- Open to Active Duty, Retirees, Active Duty & Retiree Family Members, Contractors DoD Civilians (No Guests)
 - Must have a Valid ID
- Length of class sessions vary and Masks are required
- \$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 at Tolson pool will resume at a later date



NEW YEAR
Fitness Bingo
Jan 3rd- March 3rd
Print your bingo card or pick one
up at Hercules PFC

Hercules PFC Closed:
January 17th

For more information:
Please Contact, Hercules PFC
(910) 394- 4350
WEBSITE: bragg.armymwr.com