

# 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

## February 2026

TIME	MON	TUES	WED	THURS	FRI	SAT
6:30 AM			Spin April No Class Feb. 4th			
9:00 AM	Power Yoga Ashley No Class Feb. 16 <sup>th</sup>		Slow Flow Yoga Ashley		Restorative Yoga Ashley No Class Feb. 13th	
9:30 AM						Body Pump Rachel
10:00 AM	Zumba Gloria No Class Feb. 16 <sup>th</sup> & 23 <sup>rd</sup>				Zumba Gloria No class Feb. 27th	
11:00 AM						Couples Yoga Ashley
Tolson Pool Schedule						
8:30 AM			Aqua Spin Wendi			
9:00 AM						Aqua Spin Wendi Feb. 21 <sup>st</sup>
10:30 AM		Aqua Zumba Aubrey				
12:00 PM				Aqua Spin Wendi		
Evening Class Schedule						
TIME	MON	TUES	WED	THURS	FRI	
4:30 PM						
5:30 PM		Sculpt & Power Yoga Amanda	Zumba Gloria No Class Feb. 25th			
6:30 PM	Spin Wendi No Class Feb. 16th					

#### Events:

Reservations  
can be made for  
PT hour

Couples Yoga  
February 7<sup>th</sup>

#### Cost:

(Credit/ Debit Card Only)

- Drop in: \$5.00

- Punch Passes:

- 10 punch- \$45.00

- 20 punch- \$85.00