

**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. 16th		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	SAT
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					

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

Events:  
 Reservations  
 can be made for  
 PT hour  
 Couples Yoga  
 February 7<sup>th</sup>

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