

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



October 2025



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 October 13th		Slow Flow Yoga Ashley		Restorative Yoga Ashley No Class October 10th	
9:30 AM						Body Pump Rachel
10:00 AM	Zumba Gloria No Class October 13th				Zumba Gloria No Class October 10th	
11:00 AM						

Tolson Pool Schedule

8:30 AM			Aqua Spin Wendi			
9:00 AM						Aqua Spin Wendi October 4th
10:30 AM		Aqua Zumba Aubrey No Class October 7th				
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		Vinyasa Yoga Emily No Class October 16th		
6:30 PM						

Events:

Costume Party with Prizes
Saturday October 25th

Yoga Outside
on the Turf October 29th

Halloween Zumba
October 31st

Haunted Trail
October 18th

Cost:

(Credit/ Debit Card Only)

- Drop in: \$5.00

- Punch Passes:

- 10 punch- \$45.00

- 20 punch- \$85.00