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 **Monday- Friday PT Hour** 6:30 AM **Group Fitness Classes Available By Reservation Restorative Yoga Power Yoga Slow Flow Yoga Ashley Ashley Ashley** 9:00 AM **No Class No Class** October 13th October 10th **Body Pump** Rachel 9:30 AM Zumba Zumba Gloria Gloria 10:00 AM **No Class No Class** October 13th October 10th 11:00 AM **Tolson Pool Schedule Aqua Spin** 8:30 AM Wendi **Aqua Spin** 9:00 AM Wendi October 4th Aqua Zumba 10:30 AM **Aubrey No Class October 7th Aqua Spin** 12:00 PM Wendi

Evening Class Schedule

TIME	MON	TUES	WED	THURS	FRI
4:30 PM					
5:30 PM		Sculpt & Power Yoga Amanda			(Credit/
6:30 PM					- Drop i - Punch

Events:

Costume Party with Prizes Saturday October 25th

Yoga Outside on the Turf October 29th

Halloween Zumba October 31st

> **Haunted Trail** October 18th

Cost:

Debit Card Only

- in: \$5.00
- h Passes:
 - 10 punch- \$45.00
 - 20 punch- \$85.00



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

