

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



March 2026



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		Slow Flow Yoga Ashley		Restorative Yoga Ashley No Class March 20th	
9:30 AM						Body Pump Rachel
10:00 AM	Zumba Gloria				Zumba Gloria	
11:00 AM						

Tolson Pool Schedule

8:30 AM			Aqua Spin Wendi			
9:00 AM						Aqua Spin Wendi March 28 th
10:30 AM						
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			
6:30 PM	Spin Wendi					

Events:

- Mar 21, 2026
All American Races
- Terrestrial Troll
Trek
Mar 28 2026, 9 am
- 3 pm
- Warrior Rig PT
Tucker PFC
Call: 910-432-3573
- Row and Go Relay
Call: 910- 396-1218

Cost:
(Credit/ Debit Card Only)

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