

MWR GROUP FITNESS SCHEDULE

LOCATIONS:

Hercules PFC- BLDG 402, 763 Armistead St. Fort Bragg, NC 28307

Tolson Pool- 1431 Normandy Dr, Fort Bragg, NC 28307

September 2021

| TIME | MON | TUE | WED | THURS | FRI |
|------------------------|---------------------------------------|-----------------------------------|--|---|--|
| 6:40 AM | | Reservation Only Spin Missi | | Zumba Brandi * Free For Active Duty * | |
| 8:30 AM | | | | | Fit Labor Day Sept 3 rd |
| 9:30 AM | | | | Zumba Michelle No Class Sept 16 th | Sculpted Rachel Eileen- Sept 3 rd |
| 10:30 AM | | Yoga Tabitha | Sculpted Eileen | Yoga Tabitha | |
| | Tolson Pool: Water Aerobics: Missi | | Tolson Pool: Aqua Cycle: Missi No Class Sept 1 st | | |
| 11:30 AM | Step Eileen | Zumba Michelle | | Spin Michelle Eileen- Sept 16 th | |
| Evening Class Schedule | | | | | |
| 5:30 PM | | Spin Missi | Step Eileen | Spin Missi | |
| 6:00 PM | Zumba Brandi | | | | |
| 6:30 PM | | Zumba Brandi | Yoga Tabitha | | |

Fitness Classes Registration:

- Open to Active Duty, Retirees, Active Duty & Retiree Family Members, Contractors DoD Civilians (No Guests)
 - Must have a Valid ID
- 45 minute sessions and Masks are required
- \$4 Drop in class pass (Credit/ Debit Card Payment Only)
- 10 class pass: \$35 (\$3.50 per class)
- 20 class pass: \$50 (\$2.50 per class)
- Parent Strong- \$12 per month pre- register at Hercules PFC
- All class passes purchases prior to March 23, 2020 will be extended for an additional year



EXHALE
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September 3rd
Fit Labor Day
Sculpted 0930-1015
Step 1030-1100
Zumba 1100-1230

No Classes September 6th

For more information:
Please Contact, Hercules PFC
(910) 394- 4350
WEBSITE: bragg.armymwr.com