

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

December 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 Dec. 22 nd & 29 th		Slow Flow Yoga Ashley No Class Dec. 24 th & 31 st		Restorative Yoga Ashley No Class Dec. 26 th	
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 No Class Dec 24 th & 31 st			
9:00 AM						Aqua Spin Wendi December 13 th
10:30 AM		Aqua Zumba Aubrey				
12:00 PM				Aqua Spin Wendi No Class Dec. 25 th		

Evening Class Schedule

TIME	MON	TUES	WED	THURS	FRI	
4:30 PM						
5:30 PM		Sculpt & Power Yoga Amanda No Class Dec. 23 rd & 30 th				
6:30 PM						

Events:

Christmas Tree
Lighting
December 2nd

Cost:

(Credit/ Debit Card Only)

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