

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

November 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 Nov. 10 th & 24 th		Slow Flow Yoga Ashley No Class Nov. 26 th		Restorative Yoga Ashley No Class Nov. 28 th	
9:30 AM						Body Pump Rachel
10:00 AM	Zumba Gloria No Class Nov. 10 th				Zumba Gloria No Class Nov. 14 th	
11:00 AM						

Tolson Pool Schedule

8:30 AM			Aqua Spin Wendi			
9:00 AM						Aqua Spin Wendi Class On Nov. 8 th
10:30 AM		Aqua Zumba Aubrey Class On Nov. 4 th & 18 th				
12:00 PM				Aqua Spin Wendi No Class Nov. 27 th		

Evening Class Schedule

TIME	MON	TUES	WED	THURS	FRI	
4:30 PM						
5:30 PM		Sculpt & Power Yoga Amanda No Class Nov. 11 th & 25 th				
6:30 PM						

Cost:

(Credit/ Debit Card Only)

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

Events:

Fort Bragg
10 Miler
Nov. 1st

Toy Drive
Pickleball
Tournament
Nov. 14th