

MWR GROUP FITNESS



Group Fitness
Webpage

LOCATIONS:

Hercules PFC- BLDG 402, 763 Stiner Rd. Fort Liberty, NC 28307
Tolson Pool- BLDG 4-1431 Normandy Dr. Fort Liberty, NC 28307

February 2025

DAY/TIME	6:40 AM	8:30 AM	9:00 AM	9:30 AM	10:00 AM	10:30 AM	11:00 AM
MON	Monday- Friday PT Hour		Yoga Ashley No Class Feb 17 th		Zumba Gloria No Class Feb 17 th		
TUES	Group Fitness Classes Available By Reservation				Yoga Mimi		
WED			Fitness Fusion Susan No Class Feb 12 th		Dance and Tone April No Class Feb 5 th		
THURS	Zumba Brandi No Class Feb 6 th				Yoga Mimi		
FRI					Zumba Gloria No Class Feb 14 th		
SAT				Body Pump Rachel			

February 10th -15th

Happy Valentine's Day! Celebrate
by bringing your sweetheart to
class for free!

Tolson Pool Schedule

TUES						Aqua Zumba Aubrey	
WED		Aqua Spin Wendi No Class Feb 5 th					
THURS						Aqua Zumba Aubrey No Class Feb 13 th & 27 th	

Evening Class Schedule

TIME/DAY	MON	TUES	WED	THUR	FRI
5:40 PM	Hip Hop Zumba Brandi No Class Feb 17 th	Yoga Amanda	Zumba Gloria		
6:00 PM					
6:30 PM					

Cost:
(Credit/ Debit Card Only)
- Drop in: \$5.00
- Punch Passes:
- 10 punch- \$45.00
- 20 punch- \$85.00

