

MWR GROUP FITNESS

Price: (Credit/ Debit Card Payment Only)

- \$5 drop in
- 10 class punch pass: \$45
- 20 class punch pass: \$85

Wellbeats is a free virtual class conducted inside Hercules PFC



Class
Description

LOCATION

Hercules PFC- BLDG 402, 763 Stiner St. Fort Liberty, NC 28307

July 2023

TIME	MON	TUE	WED	THURS	FRI	SAT
6:40 AM		Reservation Only Spin				
9:00 AM	July 3 rd Firecracker Deal Bring a friend for free!	Hercules Closed July 4 th	Stroller Fit *Children Welcome* Tabitha			
9:00 AM	Spin Plus April		Dance and Tone April		Tone it up April No Class 28 th	Sculpted Rachel
10:00 am	Yoga Tabitha		HIIT + Mobility Tabitha		Zumba Gloria	Zumba Gloria
11:30 AM		Wellbeats Yoga		Wellbeats Spin		
Evening Class Schedule						
4:30 PM						
5:30 PM	Zumba Gloria	Wellbeats Spin	Zumba Gloria	Wellbeats Yoga		
6:30 PM						

Happy 4th
of July!

