

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



September 2025

TIME	MON	TUES	WED	THURS	FRI	SAT
6:30 AM		Yoga Cassandra		Yoga Cassandra		
9:00 AM	Yoga Ashley		Yoga Ashley		Yoga Ashley	
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			
9:00 AM						Aqua Spin Wendi September 6 th and 20 th
10:30 AM		Aqua Zumba Aubrey No Class September 2 nd				
12:00 PM				Aqua Spin Wendi		

Evening Class Schedule

TIME	MON	TUES	WED	THURS	FRI	
4:30 PM						
5:30 PM		Sculpt & Power Yoga Amanda		Yoga Emily No Class September 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:

Hedrick Stadium
9/11 Stair Challenge
0800-1500

Monday-Friday
Unit Spin Class
Available as Reservation

Tolson Pool Is Closed
Until September 4th