



# MWR GROUP FITNESS

## LOCATIONS:

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

## May 2024

DAY/TIME	6:30 AM	9:00 AM	9:30 AM	10:00 AM	10:30 AM	11:00 Am
MON		Core & Flexibility April No Class May 13 <sup>th</sup>	Dance & Tone April No Class May 13 <sup>th</sup>		Zumba Gloria	
TUES	Reservation Only PT Hour Group Fitness Classes Available		Fitness Fusion Susan			
WED		Cardio Tone April May 8 <sup>th</sup> & 15 <sup>th</sup> No Class		Yoga Mimi		Zumba Gloria
THURS			Glute Camp Susan			
FRI		Tone April May 3 <sup>rd</sup> , 10 <sup>th</sup> & 24 <sup>th</sup> No Class		Zumba Gloria		
SAT			Sculpted Rachel May 4 <sup>th</sup> Class will be outside!			
Tolson Pool Schedule						
TUES				Water Aerobics Emily		
THURS						
Evening Class Schedule						
TIME/DAY	MON	TUES	WED	THUR	FRI	
5:30 PM	Zumba Brandi		Hip Hop Zumba Brandi			
6:30 PM						

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

0900-1200  
May 4<sup>th</sup>  
Hercules PFC Turf  
**May the Fourth  
be with you!**  
Free for Military  
Spouses and  
Mothers!

