

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

October 2024

DAY/TIME	6:30 AM	9:00 AM	9:30 AM	10:00 AM	10:30 AM	11:00 AM	
MON	Reservation Only PT Hour Group Fitness Classes Available			Zumba Gloria No Class Oct 7th & 14th			
TUES		Total Body Fusion Susan		Yoga Mimi			
WED				Spin & Tone April No Class Oct 2nd & 23rd		Zumba Gloria No Class Oct 2nd & 9th	
THURS			Glute Camp Susan		Yoga Mimi No Class Oct 10th & 31st		
FRI			Core, Stretch and Roll Susan		Zumba Gloria No Class Oct 4th & 11th		 <p>Free Class Oct 26th Wear pink in support of breast cancer awareness</p>
SAT				Sculpted Rachel		HipHop Step Cierra	

Tolson Pool Schedule

TUES					Water Aerobics Emily	
THURS					Aqua Zumba Aubrey No Class Oct 17th	

Evening Class Schedule

TIME/DAY	MON	TUES	WED	THUR	FRI	
5:30 PM	Zumba Brandi No Class Oct 14th	Yoga Amanda Oct 1st, 15th, 29th	Hip Hop Zumba Brandi			
6:30 PM		Yoga Amanda Oct 8th & 22nd				

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

Hello, October!



MWR Group Fitness

Halloween FITNESS

Monday Oct 28th : 1000-1100

Monster Mash (Zumba)

Tuesday Oct 29th : 0900-1100

Ghostly Gains (Total Body Fusion)

Vampire Vinyasa (Yoga)

Wednesday Oct 30th : 1000-1100

Spooky Spin (Spin)

Thursday Oct 31st : 1030-1130

Aqua Zombie Zumba (Tolson Pool for Aqua Zumba)

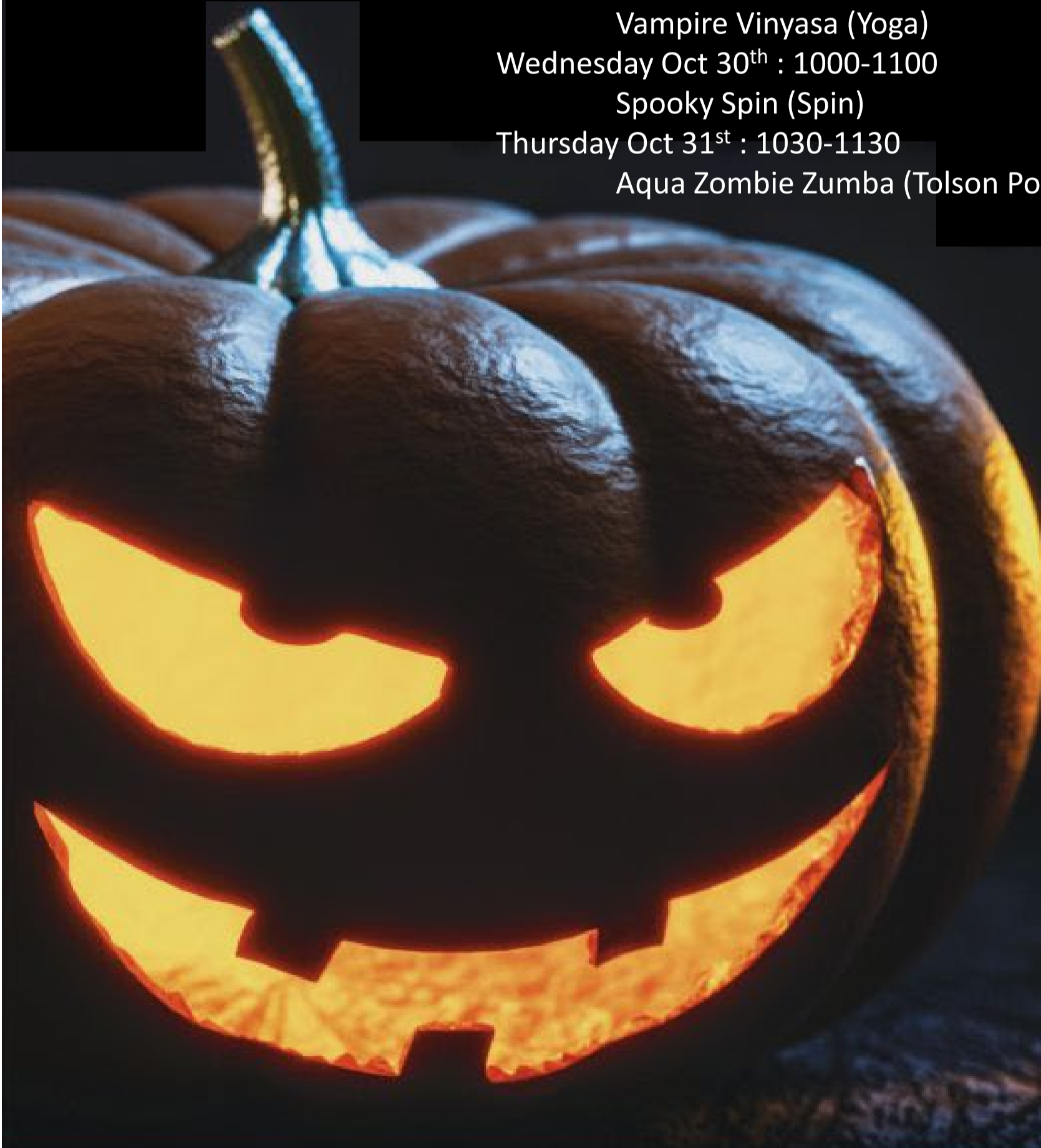
Cost:

Prepay all 5 Classes for \$15

or

Pay \$5 per class or use
punch pass

Join all 5 classes and get a
free pass for the Halloween
Party on November 1st



For more information:
Please Contact, Hercules PFC
(910) 394-2892
WEBSITE: liberty.armymwr.com