

# MWR GROUP FITNESS

## LOCATION

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



Group Fitness  
Webpage

# February 2024

DAY/TIME	6:30 AM	9:00 AM	9:30 AM	10:00 AM	10:30 AM
MON	Hercules PFC Closed February 19th	Dance & Tone April		Core & Flexibility April	
TUES	Reservation Only PT Hour Group Fitness Classes Available	Fitness Fusion Susan		Zumba Aubrey	
WED		Cardio Tone April		Yoga Mimi	
THURS					Moderate Zumba Aubrey
FRI		Dance & Tone April		Zumba Gloria Returning Mid February	
SAT			Sculpted Rachel		

### Evening Class Schedule

TIME/DAY	MON	TUES	WED	THUR	FRI
5:30 PM	Zumba Kim	Tone & Flow Kim	Zumba Brandi	Glute Camp Susan	
6:30 PM					

### Events:



**Cost:**  
(Credit/ Debit Card Only)

- Drop in: \$5.00
- Punch Passes:
  - 10 punch- \$45.00
  - 20 punch- \$85.00