

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

November 2024

DAY/TIME	6:30 AM	9:00 AM	9:30 AM	10:00 AM	10:30 AM	11:00 AM
MON	Monday- Friday PT Hour Group Fitness Classes			Zumba Gloria No Class Nov 4 th		
TUES	Available By Reservation			Yoga Mimi No Class Nov 5 th		
WED		Turkey Burn Nov 20 th 0900-1200 		Fitness Fusion Susan		Zumba Gloria No Class Nov 6 th & 13 th
THURS	Zumba Brandi No Class Nov 14 th			Yoga Mimi No Class Nov 7 th & 28 th		
FRI				Zumba Gloria April Nov 8 th & 15 th		
SAT			Sculpted Rachel		Hip Hop Step Cierra No Class Nov 9 th & 16 th	

Tolson Pool Schedule

TUES					Water Aerobics Emily Aubrey Nov 5 th & 12 th	
THURS					Aqua Zumba Aubrey No Class Nov 21 st & 28 th	

Evening Class Schedule

TIME/DAY	MON	TUES	WED	THUR	FRI
5:30 PM	Zumba Brandi No Class Nov 11 th	Yoga Amanda Nov 12 th No Class Nov 26 th	Hip Hop Zumba Brandi No Class Nov 13 th	Hip Hop Step Starting in December	
6:00 PM		Yoga Amanda Nov 5 th & 19 th			
6:30 PM					

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

