



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

July 2024

DAY/TIME	6:30 AM	9:00 AM	9:30 AM	10:00 AM	10:30 AM
MON		Tone April No Class July 1 st , 8 th & 15 th		Zumba Gloria No Class July 1 st	
TUES	Reservation Only PT Hour Group Fitness Classes Available	Fitness Fusion Susan No Class July 2 nd			
WED		Dance & Tone April No Class July 3 rd & 10 th			
THURS		Glute Camp Susan No Class July 4 th			
FRI		Tone April No Class July 5 th & 12 th		Zumba Gloria No Class July 5 th	
SAT			Sculpted Rachel		
Tolson Pool Schedule					
TUES					Water Aerobics Emily No Class July 23 rd
Evening Class Schedule					
TIME/DAY	MON	TUES	WED	THUR	FRI
5:30 PM	Zumba Brandi No Class July 15 th & 29 th		Hip Hop Zumba Brandi No Class July 10 th		
6:30 PM					

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

