

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

December 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 Available By Reservation			Zumba Gloria No Class Dec 23 rd & 30 th		
TUES				Yoga Mimi No Class Dec 24 th & 31 st		
WED		Candy Crush Dec 18 th 0900-1200 		Fitness Fusion Susan No Class Dec 25 th and Jan 1 st		Zumba Gloria No Class Dec 25 th and Jan 1 st
THURS	Zumba Brandi No Class Dec 26 th			Yoga Mimi No Class Dec 26 th and Jan 2 nd		
FRI				Zumba Gloria No Class Dec 20 th & 27 th		
SAT			Sculpted Rachel			

Tolson Pool Schedule

TUES					Water Aerobics Emily No Class Dec 24 th & 31 st	
THURS					Aqua Zumba Aubrey No Class Dec 26 th	

Evening Class Schedule

TIME/DAY	MON	TUES	WED	THUR	FRI
5:30 PM	Zumba Brandi No Class Dec 23 rd & 30 th	Yoga Amanda No Class Dec 17 th , 24 th & 31 st	Hip Hop Zumba Brandi No Class Dec 26 th		
6:00 PM					
6:30 PM					

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

