

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

January 2025

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		New Years Bash Zumba Party January 6 th	Zumba Gloria No Class Jan 20 th		
TUES	Group Fitness Classes Available By Reservation			Yoga Mimi		
WED		Fitness Fusion Susan No Class Jan 29 th				
THURS	Zumba Brandi No Class Jan 9 th			Yoga Mimi No Class Jan 9 th		
FRI				Zumba Gloria		
SAT			Body Pump Rachel			

Tolson Pool Schedule

TUES	TOLSON POOL TEMPORALLY CLOSED Call 910-643-8533 before you go!			Water Aerobics Return in February	
THURS				Aqua Zumba Aubrey No Class Jan 9 th	

Evening Class Schedule

TIME/DAY	MON	TUES	WED	THUR	FRI	
5:30 PM	Hip Hop Zumba Brandi No Class Jan 20 th	Yoga Amanda	Zumba Gloria			
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

