



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

August 2024

DAY/TIME	6:30 AM	9:00 AM	9:30 AM	10:00 AM	10:30 AM	11:00 AM
MON	Reservation Only PT Hour Group Fitness Classes Available			Zumba Gloria		
TUES		Fitness Fusion Susan No Class Aug 6 th				
WED		Dance & Tone April		Yoga Mimi No Class Aug 7 th		Zumba Gloria
THURS		Glute Camp Susan No Class Aug 1 st & 8 th				
FRI		Core, Stretch & Roll Susan April- 2 nd & 9 th	NO CLASSES AUGUST 30 th Facility will be CLOSED	Zumba Gloria		
SAT		Impossible Mile August 10 th Hedrick Stadium	Sculpted Rachel No Class Aug 3 rd & 10 th		HipHop Step Cierra Free all of August!	

Tolson Pool Schedule

TUES					Water Aerobics Emily	
THURS					Aqua Zumba Aubrey	

Evening Class Schedule

TIME/DAY	MON	TUES	WED	THUR	FRI	
5:30 PM	Zumba Brandi		Hip Hop Zumba Brandi			
6:30 PM						

Events:
Hedrick Stadium
Aug 7th @1800
Fastest Person on Fort Liberty
Aug 10th @ 0900
Impossible Mile

Cost:

(Credit/ Debit Card Only)

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



**BACK TO SCHOOL,
BACK TO ROUTINE,
BACK TO THE GYM!**