



Volume 26 Number 7

At Ease

NAS Pensacola & NASP Corry

July 2017

GO MOBILE!
"navylifepensacola"



Become A Fan Of MWR on Facebook
MWR Pensacola

www.navymwrpensacola.com
MWR General Information: 850-452-3806

FREE!



Saturday, August 5

10 am - 2 pm

Barrancas Sports Complex

Wear your bathing suit!
Bring Towels & Lawn Chairs

- GIANT Water Slides**
- ~ Spider Mountain
- ~ Fun For All Ages
- ~ Other Inflatable Games



Food & beverage available for purchase
For info call 850-452-3806

SPONSORSHIP OF THIS EVENT DOES NOT IMPLY ENDORSEMENT BY THE FEDERAL GOVERNMENT OF PRODUCTS OR SERVICES.

GET GOLF READY

Lesson Plans (Week-to-Week)



LESSON ONE

Introduction to Golf
Posture, Grip, Aim (PGA)
Introduction: Putting
Introduction: Fitness/Warm-up

LESSON TWO

Review: LESSON ONE
Introduction: Chipping, Pitching,
and Greenside Bunkers

LESSON THREE

Review: LESSON ONE & TWO
Introduction: Full Swing - Irons
Introduction: Fairway, Rough,
and Fairway Bunkers

LESSON FOUR

Review: LESSON THREE
Introduction: Full Swing - Woods,
Irons, and Hybrids

LESSON FIVE

Review: LESSON FOUR
PLAY GOLF

Lessons Presented by:
A.C. Read Golf Club Professionals

Josh Meador, PGA
Wayland Abernathy III, PGA

Summer 2017 Sessions:

July 24 - August 21 (Mondays)
1700-1800

July 25 - August 22 (Tuesdays)
1700-1800

July 29 - August 26 (Saturdays)
0800- 0900

Cost:
Active Duty/Retired & Families \$89
Civilian Guests \$99



Stop by the Golf Shop to register for the session that fits your schedule.
For more info call Josh or Wayland at A.C. Read 452-2454

Portside Twin Cinema

Box Office Open Tuesday - Sunday ♦ 850-452-3523
Movie Info (recording) ♦ 850-452-3522

FREE MOVIES Every Wednesday In July!

Get your **FREE** ticket early!
Box Office Opens 10am

AutoRama Resale Lot

NEX Mall Hwy. 98 ♦ 850-452-6542



**Visit Corry Auto Skills
to register your
vehicle to sell at
AutoRama Resale
Lot!**

Auto Skills Center

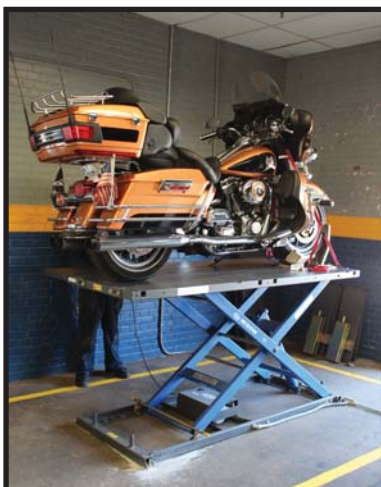
Tuesday - Saturday ♦ 11 am - 7 pm ♦ 850-452-6542
NASP Corry, Building 1006

Do Vehicle Repair Yourself At Corry Auto Skills!

- ★ 10 Covered Stalls
- ★ 3 Overhaul Bays
- ★ 3 Frame Lifts
- ★ 5 Drive-on Lifts
- ★ 2 Car Wash Bays
- ★ Thousands Of Tools

We Also Have Knowledgeable Assistants!

**We Also Have
Motorcycle & ATV Lifts**



**Our Lifts Will
Accommodate
Motorcycles,
ATV's, Gators
Golf Carts, &
Lawnmowers**

**Lift Rates:
\$6/ Hour \$30/Day**

Hours of Operation

Tuesday - Friday 11 am - 7 pm
Saturday 11 am - 7 pm
Sunday, Monday & Holidays Closed

NASP CORRY STATION CRICKET TOURNAMENT

August 7 - 28, 2017



(4 person teams)

NASP Corry Station Bowling Center Bldg. 3738

Deadline to Enter: July 27, 2017 @ 1100

Coaches Meeting: July 27, 2017 @ 1100

MWR Sports Office Bldg. 3738

Eligible Patrons: Active Duty & Their Spouses, Ready Reservists,
DOD & Permanent Contracted Personnel of NASP Corry Station

For More Information, Contact Your Command Sports Representative
or Call the NASP Corry Station Sports Office: 850-452-6520

Portside Twin Cinema

Box Office Open Tuesday - Sunday ♦ 850-452-3523
Movie Info (recording) ♦ 850-452-3522



**Affordable
Admission Fees!
HD Digital Movies:**

Adult, \$4
Children Ages 6 - 11, \$2
Children Age 5 & Younger Free

3D Digital Movies:

Adult, \$5
Children Ages 6 - 11, \$3
Children Age 5 & Younger Free

Upcoming movies:

Baywatch ♦ Cars 3 ♦ Rough Night
Pirates of the Caribbean: Dead Men Tell No Tales
Captain Underpants: The First Epic Movie
Wonder Women ♦ It Comes at Night
Megan Leavey ♦ The Mummy
47 Meters Down ♦ All Eyez on Me

Open To AD, Ret, DOD, Contractors & Family!



Upcoming movies will be announced on MWR facebook www.facebook.com/mwrpensacola and MWR web site: www.navymwrpensacola.com

Movie On The Lawn (MOTL) continues every 2nd & 4th Saturday through August 12

Movies Begin at Dark in Front of Portside Gym - Bldg. 627 NASP

Free Popcorn

Bring your Lawn Chairs - Blankets - Coolers

In case of rain, the movie will be canceled. Check facebook for rain-outs or call 452-2372.

Thank You To Our Sponsor



SPONSORSHIP OF THIS EVENT DOES NOT IMPLY ENDORSEMENT BY THE FEDERAL GOVERNMENT OF PRODUCTS OR SERVICES.



NASP CORRY STATION DODGEBALL TOURNAMENT

July 5 – July 26, 2017



(5 vs. 5)

NASP Corry Station Wenzel Gym Bldg. 3711
Deadline to Enter: June 28, 2017 @ 1100
Coaches Meeting: June 28, 2017 @ 1100
MWR Sports Office Bldg. 3738

Eligible Patrons: Active Duty & Their Spouses, Ready Reservists, DOD & Permanent Contracted Personnel of NASP Corry Station

For More Information, Contact Your Command Sports Representative or Call the NASP Corry Station Sports Office: 850-452-6520

GEICO MILITARY

Proudly serving the
Military since 1936.

[Start Quote](#)

Sponsorship of this event does not imply endorsement by the Federal government of products or services

A&W All American Food

Located in the Portside Entertainment Center
850-453-8196

NEW DAILY SPECIALS!

Monday

\$1 Cheeseburgers



Tuesday

\$1 Coney Dogs

Wednesday

\$5 Two Papa Burger Singles

Thursday

\$5 (pick from one of the following):
Cheeseburger Meal
Coney Dog Meal
2pc. Hand-Breaded Chicken
Tenders Meal

All meals include medium Float and chili cheese fries.

Friday

\$5 Bacon Cheeseburger Combo

NASP Corry Bowling Center



Each
 Tuesday 6:30 - 8:30pm
 Friday 10pm - Midnight
 Saturday 7:30 - 9:30pm & 10pm - Midnight

**Two Hours Of Bowling & Shoes
 Only \$8 Per Person!**

**We Offer Group
 Bowling Party
 Packages Too!**



Call the Bowling Center
 For Information
 Or Party Reservations
 850-452-6380

**WE'RE HIRING
 LIFEGUARDS**
 —APPLY NOW AT—
www.navymwrpensacola.com
Starting pay \$10.70
 Call 850.452.9429
 for more information

FOOTGOLF
A.C. READ GOLF COURSE
Open Daily
NEW SPORT!

Foot Golf Fees:

- \$6.00 - Military
- \$6.50 - DOD
- \$7.00 - All Guest
- \$5.00 - Juniors

Cart Fees:

- \$7 - Adults
- \$5 - Juniors



(age 17 & under)

**Try a round of Footgolf
 at A.C. Read Golf Club
 Call 452-2454 for more info**

CORRY BOWLING CENTER COSMIC

Tuesday 6:30-8:30 pm
 Friday 10 pm – Midnight
 Saturday 7:30-9:30 pm & 10 pm –Midnight
 \$8 per person
 Shoes and 2 Hours of bowling

SUMMER
 YOUTH
 BOWLING CAMP
JULY 12-14



Ages: 5yrs – 18yrs
 Time: 9 am -1 pm
 Call Corry Bowling Center to sign up
 850-452-6380 (must have access to the base)

**JULY 13
 NATIONAL
 FRENCH FRIES
 DAY**
**GET FRIES FOR
 \$2.50
 AT THE
 CORRY GRILL**

July 30th

**International Day Of
 Friendship.**

Two Bowl For The Price Of One!

**PARTY
PACKAGES**



Plan your next party or event with the help of MWR. We offer a variety of party packages for any occasion.

Corry Bowling Center 452-6380

Available Times: Sat. 1330 & 1600
Sun. 1330
Cost: \$80 Includes Cosmic Bowling, 2 lanes for 2 hours, shoes, sodas, and party supplies (Additional lanes \$8)
Birthday Meals: \$4 per person
No outside food allowed except for cake and ice cream
MWR Birthday Bowling Pin \$20 (upon request)



Portside Cinema 452-3523

Available Times: Sat. or Sun.
1000, 1200, 1230, 1430, or 1500
Cost: \$120 Includes 30 guests, movie, and popcorn. No outside food allowed except for cake and ice cream
\$25 deposit due 10 days prior to event (Additional guests are \$4 each)

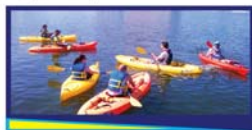
Bayou Grande Marina 452-4152

Crow's Nest Room Rental
Package available during daylight hours, (Oct-Mar) 800-1500, (Apr-Sep) 0900-1600
Cost: \$250 for room only
\$300 for room plus up to 12 kayaks, paddleboards, or canoes.
\$150 refundable cleaning deposit



Ski Beach Recreation 281-0134

Available Times: Daylight hours year round
Cost: \$50 required when booking
Includes use of pavilion (holds 25 people)
2 kayaks and 2 paddleboards for 3 hours (additional time can be purchased for \$5 per rental per hour.)



**PARTY
PACKAGES**



MWR Aquatics Pool 452-9429

Available Times: Tues. - Sun. 1900-2200
Cost: Includes at least 2 lifeguards for 3 hours
\$150 1-75 people (\$30 each add. hour)
Additional pricing available for more than 75 guests

The All-Navy SPLASH test will be administered at the beginning of the party to all patrons 17 and under who do not possess a valid 2017 SPLASH card. Individuals that don't pass must remain in water that does not go above their armpits.

Outside food and beverage is allowed in designated areas only.



Blue Angel Park 281-5489

Paintball Party
Available Times: Field is available for rent Fri-Mon (Must be 12 yrs old to play)
Cost: \$100 required when booking includes field fee and equipment for 10 guests. (additional guests \$13 military and \$18 civilian)
Paint must be purchased on site.



We want your feedback
navymwrpensacola.com/online-survey

For more info on activities offered by MWR please visit our website
navymwrpensacola.com



Bayou Grande Marina
Thursday - Monday ♦ 9 am - 5 pm ♦ 850-452-4152

**Summer Sailing, Kayaking
& Safe Boating Camps**



Interested parents should contact the MWR Youth Center at 452-2417 or MWR CDC at 453-6286 or MWR Aquatics at 452-9429 for dates and information.

**NAS Pensacola
Captain's Cup
Softball League**



Wednesday July 19, 2017
Barrancas Sports Complex
(Coaches meeting & deadline to enter, June 9 at 11 am in the Portside Gym, Bldg 627)

**For More Information Contact Your
Command Sports Representative or Call the
NASP Sports Office: 850-452-4391/4292**



**Eligible Patrons: Active Duty & Their Spouses, Ready Reservists,
DOD & Permanent Contracted Personnel of NAS Pensacola**



DISC GOLF

Disc golf is a combination of Frisbee and Golf. Players throw the disc toward the basket until every player's disc lands in the basket. Players throw the disc where the previous disc has landed. The lowest throw count at the end of the game is the winner.

Blue Angel Park Disc Golf Courses

are open Thrus - Mon. rental discs are available at Blue Angel Outpost Marina 2100 Bronson Rd. Pensacola, FL 32506 For more info call 850.281.5489

Palmetto Disc Golf Course

18 Holes
Difficulty - Amateur

Pines Disc Golf Course

18 Holes
Difficulty - Intermediate

Oaks Disc Golf Course

18 Holes
Difficulty - Intermediate

*Coming soon Corry Station Disc Golf Course at Corry field behind Wenzel Fitness Center

Radford Disc Golf Course

is open Mon. - Sat. rental discs are available at Radford Fitness Center the course is behind the Fitness Center 450 Radford Blvd. Pensacola, FL 32508

For more info call 850.452.9845

18 Holes

Difficulty - Beginner



MWR COMMUNITY RECREATION **NAVYMWRPENSACOLA.COM**



Karate

NASP School of Karate

Shotokan Karate

Instructor:

Sensei John Wynne

Over 40 years experience
Godan (5th Degree Black Belt)

Open to active duty, retirees, reservists,
DOD and family members Ages 9 and up to adult

Cost:

\$20 per month (\$22 DOD)

Class Hours:

Beginners: Tuesday 5:30 - 7:15pm ♦ Thursday 5 - 6pm

Advanced: (Beginners Class Required)

Monday 5:30 - 7:30pm ♦ Thursday 6:15 - 7:45pm

Make Up: Saturday 10am - 1pm

Where:

Portside Gym, Bldg. 627

For additional information

call 850.452.7810 / 850.452.7813 / 850.291.0940

Karate-Do, the Japanese method of self defense, uses the unarmed capabilities of the human body. Karate-Do is a pathway to self development.

Seeking to empty the self through Karate-Do,
life can be lived... without distorted views of reality...



Bayou Grande Marina

Thursday - Monday ♦ 9 am - 5 pm ♦ 850-452-4152

THURSDAY EVENING SAILBOAT RACES

Sailboat Races Are Held Every
Thursday Evening, 5:00 – 7:30 pm



There are 5 races each Thursday evening and cost only \$10 per person and includes use of a 14' Sunfish sailboat and all the related gear to compete!

NAS PENSACOLA CAPTAIN'S CUP BILLIARDS (8-BALL)

July 24, 2017



(4 person teams)

Portside Liberty Complex Bldg. 3912
Deadline to Enter: July 14, 2017
(This is a lunchtime event)

Eligible Patrons: Active Duty & Their Spouses, Ready Reservists,
DOD & Permanent Contracted Personnel of NAS Pensacola



For More Information, Contact Your Command Sports Representative
or Call the NAS Pensacola Sports Office: 850-452-4391/4392

Blue Angel Park

Daily ♦ 8 am - 4 pm ♦ 850-281-5489

Saturday Morning Sailing Classes



July 1, 15 & 29 Beginner 10 am - 3 pm.....\$35

July 8 & 22 Intermediate 10 am - 3 pm.....\$40

By Appointment - Advanced Keel Class

Sherman Cove Marina

NAS Pensacola ♦ 850-452-2212

Pontoon Boat Rentals

There are plenty of nice boating days in the mild Florida climate. Go for a lunchtime cruise to the Oyster Bar on Perdido Key. Go beach combing in a secluded cove or a remote beach.

22' Pontoon Boat: \$28 / \$70 / \$140

25' Pontoon Boat: \$30 / \$75 / \$150

17' Boston Whaler Skiff: \$15 / \$40 / \$75

17' Cape Horn: \$30 / \$75 / \$150

21' Edge Waters: \$35 / \$90 / \$150

Bayou Grande Marina

Thursday - Monday ♦ 9 am - 5 pm ♦ 850-452-4152

Saturday Morning Sailing Classes



It Only Takes
One Saturday Morning Class
To Be Certified
To Rent Our Sailboats!

July 1, 15 & 29 Beginner 10 am - 3 pm \$35

July 8 & 22 Intermediate 10 am - 3 pm \$45

Call 850-452-4152 to schedule
your sailing class!

BGM Boat & Board Rentals

14' Sunfish: \$7.00 / \$35.00

14' Laser: \$7.50 / \$38.00

18' Hunter: \$8.50 / \$43.00

19' Flying Scot: \$9.00 / \$45.00

22' Catalina: \$19.00 / \$100.00

Canoes & Kayaks: \$6.00 / \$30.00 (No class required)

Paddleboards: \$6.00 / \$30.00 (No class required)

*Rent A Boat,
It's Cheaper
Than Buying One!*

NAS PENSACOLA CAPTAIN'S CUP SWIMMING

July 11, 2017
Mustin Beach Pool



(4 Person Team, This is a lunchtime event)

Deadline to Enter: July 7, 2017

Eligible Patrons: Active Duty & Their Spouses, Ready Reservists,
DOD & Permanent Contracted Personnel of NAS Pensacola



For More Information, Contact Your Command Sports

Representative or Call the NAS Pensacola Sports Office: 850-452-4391/4392



Limited Time Offer

Reese's Peanut Butter Treats



Shake or Polar Swirl Only \$3

CORRY GROUP FITNESS SCHEDULE JULY 2017

MONDAY			WEDNESDAY		
800	Balance 30 - Lu	Wellness	900	Step Out - Lisa	Wellness
900	Circuit Boot Camp - Elva	Family Fitness	900	Spinning - Bob	Wellness
900	Spinning - Bob	Wellness	930	Mommy & Me Yoga - Vina	Family Fitness
930	Balance 30 - Lu	Wellness	1100-1300	Lap Swim	Aquatics
1100	Strength Training - Tim	Wellness	1100	Strength Training - Tim	Wellness
1115	Spinning - Lisa	Wellness	1115	Spinning - OT	Wellness
1130	Cardio & Ab Sculpt-Leon	Wenzel	1130	Operation Circuit Madness - Leon	Wenzel
1230-100	Step Out - Lisa	Wellness	1230-100	Step Out - Lisa	Wellness
1630	Spinning - Lena	Wellness	1630	Spinning - Lena	Wellness
1630	"Six Pack" Abs - Chris	Wenzel	1630	Toddlercize - Toni	Family Fitness
1645	Zumba - Barbara	Family Fitness	1630	Insane Abs - Chris	Wenzel
1700	Master's Swim	Aquatics	1715	Get Lean 2017	Wenzel
1715	Get Lean 2017	Wenzel	1800	Aqua Zumba	Aquatics

TUESDAY			THURSDAY		
600	Spinning - Bob	Wellness	600	Spinning - OT	Wellness
900	Boxing w/a Twist - Dennexx	Family Fitness	900	Toddlercize - Toni	Family Fitness
1100-1300	Lap Swim	Aquatics	945	Fit Mamas - Elva	Family Fitness
1100	Strength Training - Tim	Wellness	1100-1300	Lap Swim	Aquatics
1130	PRT Run Improvement-Leon	Wenzel	1100	Strength Training - Tim	Wellness
1630	Kids Zumba - Barbara	Family Fitness	1130	PRT Run Improvement-Leon	Wenzel
			1230-100	Step Out - Lisa	Wellness
			1700	Cardio Box - Dennexx	Family Fitness

FRIDAY		
800	Balance 30 - Lu	Wellness
800	Circuit Boot Camp - Elva	Family Fitness
900	Zumba - Barbara	Family Fitness
900	Strength Training - Tim	Wellness
900	Spinning - Bob	Wellness
930	Balance 30 - Lu	Wellness
1000	Ab Tunes - Dennexx	Family Fitness
1100-1300	Lap Swim	Aquatics
1700	Master's Swim	Aquatics

WENZEL - 850.452.6198

Corry Station Bldg. 3711

Mon - Thurs: 0500-2000, Fri: 0500-1800

Weekends & Hols: 0800-1800

WELLNESS - 850.452.6802

Corry Station Bldg. 3712

Mon - Thurs: 0500-1800, Fri: 0500-1600

Weekends & Hols: Closed

FAMILY FITNESS - 850.452.6004

Corry Station Bldg. 3712

Mon - Thurs: 0800-1800

Fri: 0800-1200

Saturdays, Sundays & Hols: Closed

AQUATICS - 850.452.6317

Call for hours of operation

**NEW
HOURS!!!!**



NASP GROUP FITNESS SCHEDULE JULY 2017

MONDAY			TUESDAY		
0900-0945	Circuit - Robin	Radford	0900-0945	Pilates - Keri	Radford
1015-1100	Zumba - Veronica	Radford	0900-0930	TTCT - Chris	Portside
1115-1200	Pilates - Keri	Radford	0930-1000	TTCT - Chris	Portside
1200	NOFFS Functional Fitness	Portside	0900-1000	Paddle Board - Andi	Bayou Grande
1630	NOFFS Functional Fitness	Portside	1000-1045	Strong by Zumba - Veronica	Radford
1600-1645	Cardio Kickboxing - Roger	Radford	1030-1100	"Six Pack" Abs - Chris	Portside
1700-1745	S.A.C. - Ann	Radford	1100-1130	TTCT - Chris	Portside
1800-1845	Relax Yoga - Dana	Radford	1100-1800	Lap Swim	Mustin Pool

WEDNESDAY			THURSDAY		
0615-0700	Chaos Spin - Michal	Radford	1115-1200	Cardio Kickboxing - Roger	Radford
0915-1000	Spinning - Andi	Radford	1130-1230	SUP Fitness - Andi	Bayou Grande
1100-1800	Lap Swim	Mustin Pool	1130-1200	TTCT - Chris	Portside
1130	Absolute - Andi	Radford	1600-1645	Spinning - Regine	Radford
1200	NOFFS Functional Fitness	Portside	1630-1730	Fitness Onboard - Andi	Bayou Grande
1600	Spinning - Regine	Portside	1630-1800	Lap Swim	Indoor Pool
1600-1645	Zumba - Veronica	Radford	1700-1745	TRX - Roger	Radford
1630	NOFFS Functional Fitness	Portside	1700	Master's Swim	Indoor Pool
1700-1745	Circuit - Robin	Radford	1800-1845	Yoga - Lela	Radford
			1800-1845	Aqua Aerobics	Mustin Pool

FRIDAY			SATURDAY		
0915-1015	Spinning - Andi	Radford	0900-1000	Power Yoga - Lora	Radford
1115-1200	Strong by Zumba - Veronica	Radford	1015-1115	Zumba - Veronica	Radford
1100-1800	Lap Swim	Mustin Pool			

RADFORD - 850.452.9845

Bldg. 4143

Mon - Thur: 0500-2100, Fri: 0500-1800

Sat: 0700-1800, Sun & Holidays: CLOSED

PORTSIDE - 850.452.7810

Bldg. 606

Mon - Thurs: 0500-2000, Fri: 0500-1800

Weekends & Hols: 0800-1800

AQUATICS - 850.452.9429

Call for hours of operation

Closed Mondays

Indoor Pool Bldg. 3828



July 2017 Group Fitness Descriptions

Absolute: Saluting your ABs to the fullest. A 30 minute abs/core class taken to the next level!!

Aqua Aerobics: Traditional style aerobics in the water!

Balance 30: Multi-Component training addressing decreased balance.

Bodies in Motion: For women over 50, class consists of dancing, strength training, balancing and stretches.

Box Mania: A non-choreographed fitness class with power punching and kicking combos on a hand held target. Develop overall strength, cardio conditioning and balance.

Cardio & Ab Sculpt: Cardiovascular conditioning and core development.

Cardio Kickbox: Classes give you a full body workout and improve your flexibility, coordination, and balance. If you perform the punches with precision and power, you will strengthen your upper body and eventually see more muscle.

Cardio Box: Simply – Box Mania with added cardio intervals.

Chaos Spin: Cardio intervals on the bike with upper body, abs on the floor. Perfect class for people new to SPIN.

Circuit Boot Camp: Fast paced cardio and strength conditioning class! Exercises include body weight and equipment based training designed to provide a full body workout in 60 minutes.

Fit Mamas: Designed for moms with little ones, incorporates power walking, running, strength and toning with your child in the stroller.

Functional Yoga: Work your entire body, stretching muscles, challenge the cardiovascular system and build foundational strength.

Get Lean 2017: Suited for all fitness levels consisting of fun circuits that include muscular strength, endurance, core and cardio conditioning.

HIIT: Organized cardio –respiratory training with repeated bouts of short duration, high-intensity exercise intervals and periods of lower intensity intervals of active recovery.

Mommy & Me yoga: Fun yoga class for mothers and children. Children must be under the age of 2 ½ yrs.

NOFFS Functional Fitness: Strength and conditioning workout utilizing functional movements and cardiovascular conditioning. Learn how to correctly and safely use kettlebells, sandbags, TRX and med balls.

Operation Circuit Madness: A circuit training class with short rest intervals for improving muscle tone and definition, while improving cardiovascular fitness.

Paddle Board, SUP Fitness, Fitness OnBoard: Come check out the hottest thing in fitness – bring a towel, sunscreen and water! Bayou Grande Marina.... 452-9845 for more info!

PKB (Power Kick Box): Taking regular kick boxing to the next level!!!

Pilates: A classic Pilates method to increase core muscular strength while developing an understanding of Pilates movement.

POWER Yoga: Emphasizes strength, flexibility and core work. Breathe, sweat and FLOW to help improve overall body conditioning.

PRT Run Improvement: Optimizing fitness & readiness by exceeding minimum standards for the cardio-respiratory event.

PUMP: A barbell, dumbbell, and bands class to shape, tone, and strengthen your entire body.

Relax Yoga: A slower, more meditative series of stretches to help relieve stress and restore balance to your mind, body and spirit

S.A.C.: Combine body weight movements, resistance equipment, dynamic exercises and static holds to get you stronger and tighter from core to extremity.

Six Pack Abs/ Insane Abs/Ab Tunes: 30 minutes of fun abs

Spinning: Climb and sprint your way towards increasing endurance, increase your energy, burn major calories and jump start your metabolism.

Step Circuit/ Step & Tone: Powerful step exercises and dynamic lateral movements are used to improve cardio and endurance fitness.

Step Out: 30 min total body cardio and strength workout using the step bench and weights.

Strength Training: A comprehensive full body workout that develops general overall fitness through muscular strength and endurance training.

Strong by Zumba: Strength, conditioning and body weights to the Zumba beat.

Toddlercize: Fun fitness class for walkers to age 6, Learn basic skills like over, under, hand eye coordination, skipping, balance, hopping, jumping and running through fitness.

TRX: Suspension Training bodyweight exercise develops strength, balance, flexibility and core stability simultaneously. It requires the use of the TRX Suspension Trainer, a highly portable performance training tool that leverages gravity and the user's body weight to complete hundreds of exercises.

TTCT: Tuff Turf Circuit Training – moderate to high intensity circuit training incorporating cardio, strength and core.

Yoga: Posture and stretching in combination with the breath to develop flexibility and relaxation for proper alignment of the body to bring balance, strength and calmness.

Youth Orientation: In accordance to CNIC Policy, eligible users 10-14 years old must attend a youth orientation session with a trainer before using the fitness centers.

Zumba: Combines a motivating fusion of Latin and international music, moves and dynamic combinations.





MARINE SCIENCE CAMP

850-452-9429

Ski Beach Rec. Area (M-T-W-R-F)
\$60 Mil, \$65 DoD, \$70 Civ
Ages 11-16 ♦ 1 - 4:30 pm
June 19-23 or July 17-21



Mustin Pool (W-R-F)
\$45 Mil, \$50 DoD, \$55 Civ
Ages 5-8 ♦ 9:30 am - 12:30 pm
July 5-7 or July 26-28
Aquatics Office, Mustin Beach Pool: 850-452-9429
Water tests must be passed before registration



Check Out Our Treats & Sweets!

- Root Beer Floats
- Root Beer Freezes
- Polar Swirls ~ M&M's, Reese's
Cookie Dough,
Oreos
- Sundaes ~ Caramel, Strawberry
Hot Fudge, Chocolate
- Ice Cream Cones
- Milk Shakes



Located in the Portside Food Court, Building 3912



July 5th at Mustin Pool
Pool will open at 7 pm
and movie starts at dusk

