

Corry Group Fitness Schedule October 2024

Monday			Tuesday		
0715 - 0745	Balance 30	Family Fit B	0900 - 0945	Cardio Blast	Family Fit A
0815 - 0900	Pillar 360	Family Fit A	1015 - 1100	Tai Chi	Family Fit A
0915 - 1015	Leg Sculpt	Family Fit A	1100 - 1200	Strength Training	Family Fit B
1600 - 1645	Zumba	Family Fit A	1600 - 1700	Strength Training	Family Fit B
0630 - 0700	Morning Kick Start	Wenzel	1600 - 1645	Spin	Family Fit A
1700 - 1730	Insane Abs	Wenzel	0630 - 0730	NOFFS Bootcamp	Wenzel
			1700 - 1800	Get in the Zone	Wenzel

Wednesday			Thursday		
0815 - 0900	All In	Family Fit A	0900 - 0945	HIIT Bootcamp	Family Fit A
0900 - 0945	Spin	Family Fit A	1600 - 1645	Spin	Family Fit A
1030 - 1130	Toddlercize	Family Fit A	0630 - 0730	NOFFS Bootcamp	Wenzel
1100 - 1130	Balance 30	Family Fit B	1700 - 1730	Get in the Zone	Wenzel
1100 - 1200	Strength Training	Family Fit B			
1600 - 1700	Strength Training	Family Fit B			
1600 - 1645	TIER 1	Family Fit A			
0630 - 0700	Morning Kick Start	Wenzel			
1700 - 1730	Cardio Blast	Wenzel			

Friday		
0900 - 1000	Arm Blast/Core	Family Fit A
1015 - 1100	Tai Chi	Family Fit A
1100 - 1200	Strength Training	Family Fit B
1600 - 1700	Strength Training	Family Fit B

Wenzel Fitness Center
 850-452-6198
 Bldg. 3711

Open 24/7

See front desk for more details.

Family Fitness Center
 850-452-6004 or 850-452-6802
 Bldg. 3712

Monday - Friday:
 0600 - 1900
 Sat, Sun, & Holidays:
CLOSED

Aquatics
 850-452-6317
 Bldg. 3735

Aquatics schedule can be found
 at
 MWR Pensacola facebook.

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NASP Group Fitness Schedule October 2024

Monday			Tuesday		
0915 - 1000	Flow Yoga	Radford	0915 - 1000	BUFF	Radford
1615 - 1700	Spin	Radford	1800 - 1900	Aqua Zumba	Indoor Pool
			0900	Elites	Portside
			1600	Hatha Yoga	Portside
Wednesday			Thursday		
1615 - 1700	Spin	Radford	0930 - 1030	Command PT	Radford
1100	Gentle Flow Yoga	Portside	0900	Elites	Portside
1600	Cardio Core	Portside	1600	Power Yoga	Portside

Friday		
1030 - 1130	3R Yoga	Radford
Saturday		
0915 - 1000	Zumba	Radford
1015 - 1100	Spin	Radford

Radford Fitness Center
850-452-9845
Bldg. 4143

Open 24/7
See front desk for details.

Portside Fitness Center
850-452-7810
Bldg. 606

Open 24/7
See front desk for details.

Active Duty E4 & below ONLY
Mon - Fri: 1430 - 2000

Mustin Beach Pool
850-452-9429
Bldg. 3201

Aquatics schedule can be found
at
MWR Pensacola facebook.

**NAVY REGION SOUTHEAST
NAVY BIRTHDAY 5K
GIVE BREAST CANCER THE BOOT
2024**

**JOIN US IN CELEBRATING THE
NAVY'S 249TH BIRTHDAY!**

Participants will receive a
free commemorative t-shirt
while supplies last.

Presented by:
GEICO | MILITARY

10/10/2024
MUSTIN BEACH CLUB
at 0700

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