

Corry Group Fitness Schedule March 2025

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 - 1200	Strength Training	Family Fit B	1700 - 1730	Get in the Zone	Wenzel
1600 - 1700	Strength Training	Family Fit B			
1600 - 1700	Zumba	Family Fit A			
0630 - 0700	Morning Kick Start	Wenzel			
1700 - 1730	Cardio Blast	Wenzel			
Friday					
0615 - 0700	Flex Friday	Wenzel			
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

24/7 Access

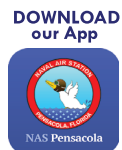
See front desk for more details.

Aquatics
850-452-6317
Bldg. 3735

Aquatics schedule can be found at
MWR Pensacola facebook.

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

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



MWR PENSACOLA PENSACOLAMWR



NASP Group Fitness Schedule March 2025

Monday			Tuesday		
0915 - 1000	BUFF	Radford	0915 - 1000	Yoga	Radford
1615 - 1700	Spin	Radford	0900	Elites	Portside
Wednesday			Thursday		
0915 - 1000	Zumba	Radford	0915 - 1000	Chaos Spin	Radford
1130 - 1215	Yoga	Radford	1715 - 1800	Zumba	Radford
1615 - 1700	Spin	Radford	0900	Elites	Portside
0900	Cardio Core	Portside	Radford Fitness Center 850-452-9845 Bldg. 4143 24/7 Access See front desk for details.		
Friday					
0915 - 1015	3R Yoga	Radford			
Saturday			Portside Fitness Center 850-452-7810 Bldg. 606 24/7 Access See front desk for details. <u>Active Duty E4 & below ONLY</u> Mon - Fri: 1430 - 2000		
0915 - 1000	Zumba	Radford			
1015 - 1100	Spin	Radford			

Indoor Pool
 850-452-9429
 Bldg. 3828

Aquatics schedule can be found
 at
 MWR Pensacola facebook.

join your MWR team

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STARTING PAY \$15 PER HOUR

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YOUR OPINION MATTERS

QR CODES:
 NAS PENSACOLA CORRY STATION