



Volume 26 Number 3

# At Ease

March 2017

NAS Pensacola & NASP Corry



Become A Fan Of MWR on Facebook  
**MWR Pensacola**

**GO MOBILE!**  
"navylifepensacola"



[www.navymwrpensacola.com](http://www.navymwrpensacola.com)  
MWR General Information: 850-452-3806

## Giant Outdoor MWR Flea Market

Sunday, March 12 ♦ Noon - 4:30 pm ♦ MWR Sports Complex Hwy 98

Spaces are assigned on a first come, first served basis

Reserve Your Space Today! Call 452-6354

For Info Or Stop By The Tickets & Travel Office

Located At The NEX Mall, Hwy.98

Registration Form Available On Our Website

[www.navymwrpensacola.com](http://www.navymwrpensacola.com)



18ft x 16ft Area: \$25  
18ft x 24ft Area: \$35  
Table Rental - \$8 each



## BACKPACKING 101 OVERNIGHT SKILLS COURSE

March 4th - 5th

March 18th - 19th

April 1st - 2nd

April 15th - 16th

May 6th - 7th

June 3rd - 4th

Ever get the feeling you just need to get back to nature?

Get out and enjoy a weekend hiking, backpacking, and camping in the woods. We'll show you how!

**BOOK NOW**  
LIMITED SPACE  
AVAILABLE



**ONLY \$35**  
GEAR INCLUDED  
BACKPACKING 101

For more information call 850-281-5489 or 850-452-6354

Sign up for the skills course at the Tickets and Travel Office Bldg. 3787 at Corry Station



\*Backpacking 101 Skills Course is a prerequisite for all NAS Pensacola CR Backpacking Trips



**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*

## 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

## NAS Pensacola Captain's Cup

**GOLF**  
*Scramble*  
(4 PERSON TEAM)

## Tournament

**March 17, 2017**

**A.C. Read Golf Course**

(Par 72 Course )

**Deadline to Enter March 10, 2017  
Green Fees Due By March 13, 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

## 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:**

Monster Trucks ♦ The Founder ♦ Split  
XXX: The Return of Xander Cage  
Resident Evil: The Final Chapter  
A Dog's Purpose ♦ Gold, Rings  
The Space Between Us  
John Wick: Chapter 2 ♦ Patient Zero  
The LEGO Batman Movie  
A cure for Wellness ♦ Fist Fight

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

# NEW BEGINNERS CLASS



## 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)

### Indoctrination Class:

February 28 at 5:30pm  
Classes begin Thursday, March 2 at 5pm

### 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...*



# LESSONS & PRE SWIM TEAM

**Indoor Pool Bldg. 3828**  
**3/3 - 3/28 TUES & FRI**

**Military**

**\$50**



**DoD/Con**

**\$55**



**1645-1715**  
**Beginner**

**1720-1750**  
**Advanced**

**1800-1850**  
**Goslings**

## Spring Story Hour

**March 8th 3:15 pm**



**Stories • Crafts • Games • Snacks**  
**For more info call 452-4362**



\$50 per junior  
for all eligible  
MWR patrons

**The First Tee®**  
Northwest Florida

### 2017 FIRST TEE PROGRAM

**New enrollees Ages 5 - 7**  
will be in the Target Level

**New enrollees Ages 8 - 12**  
will be in the PLAYer Level

## SPRING CLASS SCHEDULE

### TARGET CLASS

Tuesdays (1 hour)

**Feb 21 - April 18**

1st class 1515-1615

2nd class 1630-1730

### PLAYer/PAR CLASS

Thursdays (1 hour 30 min)

**Feb 23 - April 27**

1st class 1600-1730



*Each class will have 12 juniors MAX*

*Sign up at Corry Station Youth Center*

**For more info call Josh Meador at A.C. Read 452-2454**

## NASP CORRY BOWLING CENTER

### ST. PATRICK'S DAY



**Cosmic  
Bowling**

**Friday, March 17**  
**7 - 9:30 pm**

**All You Can Bowl & Shoes**  
**Only \$9 Per Person!**

**Sunday, March 19 ♦ Mini Corn Dogs - \$2.75**

**Try Corry Grill's New**  
**Fried Chicken Sandwich**  
**Only \$4.25**

**850-452-6380**





## Blue Angel Naval Recreation Area

Daily ♦ 8 am - 4 pm ♦ 850-281-5489

### Saturday Morning Sailing Classes

Reserve Your  
Space Now!

Classes Begin  
In April



April 1 & 15 Beginner 10 am - 3 pm .....\$35

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

NEW! By Appointment

- Advanced Keel Class

Call 850-281-5489

to reserve your sailing class today!

## LIFEGUARD CERTIFICATION CLASS

Indoor Pool  
Bldg. 3828



Pretest \$15

Lifeguard Class \$170

### Lifeguard Classes:

March 6 - 19, April 3 - 15

April 17 - 29, May 8 - 21

Mon, Tue, Thu & Fri ♦ 6 - 9 pm

Sat & Sun ♦ 5 - 9 pm

A Pretest Before is Required.

Pretesting Available:

2/28, 3/2, 3/3, 3/27, 3/28, 3/30, 4/10,  
4/11, 4/13, 5/1, 5/4 & 5/5 at 6 pm

Call 850-452-9429

## AutoRama Resale Lot

NEX Mall Hwy. 98 ♦ 850-452-6542



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

**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

(age 17 & under)

### Cart Fees:

\$7 - Adults

\$5 - Juniors



**Try a round of Footgolf  
at A.C. Read Golf Club**

**Call 452-2454 for more info**



**2 for \$10**

FootGolf

Cart Fee Extra (\$7 person)

Expires 6/30/2017



**2 for \$10**

FootGolf

Cart Fee Extra (\$7 person)

Expires 6/30/2017

## NASP Corry Bowling Center



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

**All You Can Bowl & Shoes  
Only \$8 Per Person!**

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



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

## 20 YARD TRUCK PUSH



**Wednesday  
March 15 ♦ 4:30 pm  
NASP Corry Wenzel Gym  
Open To All**



[leon.freeman@navy.mil](mailto:leon.freeman@navy.mil) ♦ 850-452-6198

## WATER BASKETBALL MARCH MADNESS

**Every Thursday In March  
7 - 8 pm**

**Indoor Pool ♦ Bldg 3828**

**Pick Up  
Water Basketball Games**



**Prizes Based On Individual Participation.  
Come Join the Fun Individually Or As A Team**

Open to authorized patrons of all ages.

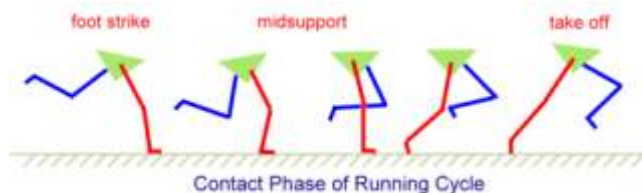
For general information about these and other  
Aquatic Programs, call 850-452-9429.

## Running Clinic



**Every Tuesday & Thursday ♦ 5 pm**

**NASP Corry Wenzel Gym ♦ Open To All**



**Help Improve  
Running Mechanics,  
Speed And PRT**

[leon.freeman@navy.mil](mailto:leon.freeman@navy.mil) ♦ 850-452-6198



## NAS Pensacola Captain's Cup



(6 PERSON TEAM)

### Tournament

**Monday, MARCH 27**

**NASP Portside Gym Bldg. 627**

(This is a lunchtime event)

**Deadline to Enter March 17, 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



**1645 - 1745 🏊 Indoor Pool Bldg 3828**

**Mondays 🏊 Practice and Coaching**

**Thursdays 🏊 Pick-Up Games**

**Bring a team or join a team at the pool!**

**Normal aquatic fees apply**



**For Information, call 850-452-9429**

## NASP CORRY STATION SINGLES TABLE TENNIS TOURNAMENT

(2 PERSON TEAM)

**MARCH 14 - APRIL 6, 2017**

**Corry Station Wenzel Gym Bldg. 3711**

**Deadline to Enter: March 7, 2017 @ 1100**

**Coaches Meeting: March 7, 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

## NASP CORRY STATION GOLF TOURNAMENT

**(4 Person Team Scramble)**

**MARCH 17, 2017 @ 1200**

**A.C. READ GOLF COURSE PAR 72**



**Deadline to Enter: March 9, 2017 @ 1100**

**Coaches Meeting: March 9, 2017 @ 1100**

**MWR Sports Office Bldg. 3738**

**Green fees paid by March 17, 2017**

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

## 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!

April 1 & 15 Beginner 10 am - 3 pm.....\$35  
April 8 & 22 Intermediate 10 am - 3 pm.....\$40

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



Is Here!

Get Out And Play!

### NAS PENSACOLA RECREATION



### Wood Bat Softball Tournament March 27, 2017 NATTC Sports Complex

Deadline to Enter March 24, 2017

This event is a Recreation Sporting event so  
ANY eligible patron authorized to use  
the facilities may enter.



For More Information, Please call  
NAS Pensacola Sports Office: 850-452-4391/4392  
NASP Corry Station Sports Office: 850-452-6520



Celebrating the Month of the  
**MILITARY CHILD**



### WITH RADFORD FITNESS

Bring Your Children To Zumba In April  
And Celebrate As A Family!



### SPECIAL EVENTS

#### Little Yogis Classes



April 11th @ 1700

April 13th @ 1700

Call 452-9845 For Details



### MOMMY TIME!

Mommies are always on the go  
& seldom have time alone!



LET'S CHANGE THAT...

- LET'S HELP TAKE CARE OF YOU!
- LET'S TALK ABOUT BETTER EATING HABITS AND WOMEN'S HEALTH!

Come join us at the  
**Family Fitness Center**  
from 10am - noon  
on March 23







# NAVY YOUTH CENTER

Bldg 3690  
March Activity Schedule  
Ages 5-13 (kindergarten)




**March 3rd** 1800-2200 Friday  
"Show Stopper movie with snack bar"

**March 10th** 1800-2200 Friday  
"Visit Mexico" (cooking, games, and music)

**March 17th** 1800-2200 Friday  
"Find The Lucky Charms" (Irish cooking, crafts, music, games)

**March 24th** No Open Rec due to Spring break

**March 31st** 1800-2200 Friday  
Go Fly a Kite (Celebrate kite month; create your own kite)







☆Schedule is subject to change call ☆ 850-452-2417

## GET GOLF READY

Lesson Plans - New Monday Class starting 2/27 from 1630 - 1730

**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**

**Spring 2017 Sessions:**  
A.C. Read Golf Club Professionals

**Feb 17 - March 17 (Fridays)**  
1600-1700

**Feb 27 - March 27 (Mondays)**  
1630-1730

**March 24 - April 21 (Fridays)**  
1700-1800

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

Register by Mar 17, and get \$10 off.



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

# NAVY GETAWAYS

## Longing to Get Away?






### Take a Break and Vacation With Us.

### Stay! Play! Relax! With Navy Getaways

Offering RV Parks, Campgrounds & Vacation Rentals

Prime Locations Worldwide & Affordable Rates



1-877-NAVY-BED (628-9233)  
[www.navygetaways.com](http://www.navygetaways.com)





# NAS Pensacola Group Fitness Schedule March 2017

MONDAY			TUESDAY		
900	Strong by Zumba - Veronica	Radford	900	Step Circuit - Robin	Radford
1000	Functional Yoga - Angel	Radford	900-930	TTCT - Chris	Portside
1115	Pilates - Keri	Radford	930-1000	TTCT - Chris	Portside
1130-1200	NOFFS Functional Fitness	Portside	1000	Spinning - Andi	Radford
1200-1230	NOFFS Functional Fitness	Portside	1030-1100	"Six Pack" Abs - Chris	Portside
1600	Cardio Kickbox - Roger	Radford	1100-1130	TTCT - Chris	Portside
1630-1800	Lap Swim	Aquatics	1115	Cardio Kickboxing - Roger	Radford
1630-1700	NOFFS Functional Fitness	Portside	1130-1200	TTCT - Chris	Portside
1645	Water Polo	Aquatics	1600	Spinning - Regine	Radford
1700-1730	NOFFS Functional Fitness	Portside	1630-1800	Lap Swim	Aquatics
1700	Master's Swim	Aquatics	1700	TRX - Roger	Radford
1700	S.A.C. - Ann	Radford	1700	Master's Swim	Aquatics
1800	Relax Yoga - Dana	Radford	1700-1745	Active Duty Skill Swim	Aquatics
			1700-1730	Synrgy 360 - Shiela	Portside
			1730-1800	Synrgy 360 - Shiela	Portside
WEDNESDAY			1800	Yoga - Lela	Radford
630	Unit PT - Andi/Michal	Radford	1800	Aqua Aerobics	Aquatics
900	Pilates - Keri	Radford	THURSDAY		
1000	BUFF - Andi	Radford	900	HIIT - Brittany	Radford
1100	Spinning - Regine	Portside	900-930	TTCT - Chris	Portside
1115	Chaos Spin - Alyssa	Radford	930-1000	TTCT - Chris	Portside
1130-1200	NOFFS Functional Fitness	Portside	1000	Zumba - Veronica	Radford
1200-1230	NOFFS Functional Fitness	Portside	1030-1100	"Six Pack" Abs - Chris	Portside
1600	Zumba - Veronica	Radford	1100-1130	TTCT - Chris	Portside
1630-1700	NOFFS Functional Fitness	Portside	1115	PUMP - Michal	Radford
1700-1730	NOFFS Functional Fitness	Portside	1130-1200	TTCT - Chris	Portside
1700	Step Circuit - Robin	Radford	1600	Spinning - Regine	Radford
1800	Yoga - Lora	Radford	1630-1800	Lap Swim	Aquatics
			1645	Water Polo	Aquatics
FRIDAY			1700	PKB - Roger	Radford
900	Spinning - Andi	Radford	1700-1745	Active Duty Skill Swim	Aquatics
1115	Strong by Zumba - Veronica	Radford	1700	Master's Swim	Aquatics
1630-1800	Lap Swim	Aquatics	1800	Aqua Aerobics	Aquatics
1630	NOFFS Functional Fitness	Portside	1800	Country Line Dancing	Radford
1700-1745	Deep Water Running	Aquatics	SATURDAY		
1700	Master's Swim	Aquatics	900	Power Yoga - Lora	Radford
1800	Fin Swim	Aquatics	1030	Zumba - Veronica	Radford
<b>RADFORD - 850.452.9845</b>					

**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

Indoor Pool Bldg. 3828





# Corry Group Fitness Schedule March 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	900	Prenatal Yoga - Vina	Family Fitness
930	Balance 30 - Lu	Wellness	1000	Mommy & Me Yoga - Vina	Family Fitness
1100	Strength Training - Tim	Wellness	1030	Home School Scholar Academy	Family Fitness
1115	Spinning - Lisa	Wellness	1100	Strength Training - Tim	Wellness
1130	Cardio & Ab Sculpt-Leon	Wenzel	1115	Spinning - OT	Wellness
1230-100	Step Out - Lisa	Wellness	1130	Operation Circuit Madness - Leon	Wenzel
1630	Spinning - Lena	Wellness	1230-100	Step Out - Lisa	Wellness
1630	"Six Pack" Abs - Chris	Wenzel	1630	Spinning - Lena	Wellness
1715	Get Lean 2017	Wenzel	1630	Toddlercize - Toni	Family Fitness
1730	Zumba - Barbara	Family Fitness	1630	Insane Abs - Chris	Wenzel
			1715	Get Lean 2017	Wenzel
TUESDAY			THURSDAY		
600	Spinning - Bob	Wellness	600	Spinning - OT	Wellness
900	Boxing w/a Twist - Dennexx	Family Fitness	900	ROM 2.0 - Angel	Wellness
900	ROM 1.0 - Angel	Wellness	900	Toddlercize - Toni	Family Fitness
1100	Strength Training - Tim	Wellness	945	Fit Mamas - Elva	Family Fitness
1130	Operation Recover-Leon	Wenzel	1100	Strength Training - Tim	Wellness
1630	Kids Zumba - Barbara	Family Fitness	1130	Operation Recover-Leon	Wenzel
			1230-100	Step Out - Lisa	Wellness
			1630	Circuit Training - Chris	Wenzel
			1700	Cardio Box - Dennexx	Family Fitness
			FRIDAY		
			800	Balance 30 - Lu	Wellness
			800	Step & Tone - 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

FOR MORE INFORMATION CALL:  
 WENZEL - 850-452-6198  
 Corry Station Bldg. 3711  
 Mon - Thurs: 0500-2000, Fri: 0500-1800  
 Weekends & Holidays: 0800-1800  
 WELLNESS - 850-452-6802  
 Corry Station Bldg. 3712  
 Mon - Thurs: 0500-1800, Fri: 0500-1600  
 Weekends & Holidays: CLOSED  
 FAMILY FITNESS - 850-452-6004  
 Corry Station Bldg. 3712  
 Mon - Thurs: 0830-1130 & 1500-1900  
 Fri - Sat: 0800-1230  
 Sunday & Holidays: CLOSED



**20 Yard Truck Pull**  
**March 15 @ 4:30pm**  
**Wenzel Gym**



# March 2017 NASP & NAS Corry Fitness Class Descriptions

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.

BUFF: Be U Forever Fit; learning the basics, with correct form, dumbbells, body bars, bands and body weight exercise. Form is Key!!

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 getting into SPIN.

Circuit Boot Camp/Training: 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.

Country Line Dancing: Basic choreography to the hottest COUNTRY music.

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.

HammerCORE - Core Circuit with challenging cardio intervals.

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

Home School Scholar Academy: A physical education class for home schooled students, *proof of homeschooling required*.

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.

Operation Recover: Reduce stress on your muscle tissue and nervous system with various methods to decrease muscle tension while increasing flexibility and mobility.

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.

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

ROM 1.0 (Range of Motion): For our special population (over 50) focusing on movement & exercises using a chair and limited balance techniques.

ROM 2.0: more advanced version of ROM 1.0 meets weekly for 60 minutes except

**\*\*1<sup>st</sup> and 3<sup>rd</sup> Thursday of every month\*\***

**Class is extended to 10:30.**

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.

Synrgy 360: Moderate to high intensity circuit training using the SYNRGY 360 Playground.

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.



## NASP Youth Center

NAS Pensacola ♦ 850-452-2417

### Youth Soccer, Baseball & T-Ball Registration



Registrations are being accepted  
at the NASP Youth Center  
Monday - Friday, 11 am - 5 pm  
Register Open Through  
March 31

Open to all dependents of AD, Ret, DoD,  
Contractors and Reservists children ages 4 - 14

### Coaches Needed!

\$50 registration fee per child includes uniform & trophy  
Call 850-453-3490

## 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



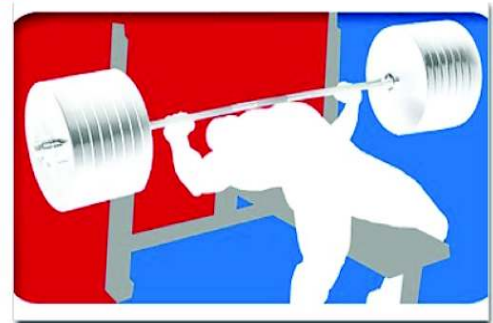
## SPRING INTO MOTION

Participate In The  
**Incentive Program**  
March 21 thru June 20

**FREE** Earn Points For Every 30 Minutes of Cardio  
More Cardio = More Points!  
More Points = More Prizes!!

**MWR FITNESS** Register At Radford Front Desk

## PORTSIDE FITNESS BENCH PRESS COMPETITION



### MARCH 15, 2017

1st, 2nd, and 3rd place prizes for Male/Female

**lb for lb Competition**

utilizing the Schwartz/Malone Formula



**WEIGH IN BEGINS AT 1630  
COMPETITION BEGINS AT 1700**

SEE FITNESS SPECIALIST  
FOR DETAILS/SIGN UP 452-7810