

Corry Group Fitness Schedule May 2025

Monday			Tuesday		
0715 - 0745	Balance 30	Zen Room	0800 - 0845	Barre	Family Fit A
0800 - 0845	Pillar 360	Family Fit A	0915 - 1000	Cardio Blast	Family Fit A
0915 - 1000	Leg Sculpt	Family Fit A	1015 - 1100	Tai Chi	Family Fit A
1600 - 1645	Zumba	Family Fit A	1100 - 1200	Strength Training	Family Fit B
0630 - 0700	Morning Kick Start	Wenzel	1600 - 1700	Strength Training	Family Fit B
1700 - 1730	Insane Abs	Wenzel	1600 - 1645	Spin	Family Fit A
			0630 - 0730	NOFFS Bootcamp	Wenzel
			1700 - 1800	Get in the Zone	Wenzel
Wednesday			Thursday		
0800 - 0845	All In	Family Fit A	0915 - 1000	HIIT Bootcamp	Family Fit A
0915 - 1000	Spin	Family Fit A	1030 - 1115	Zumba	Family Fit A
1030 - 1130	Toddlercize	Family Fit A	1600 - 1645	Spin	Family Fit A
1100 - 1130	Balance 30	Zen Room	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	Wenzel Fitness Center 850-452-6198 Bldg. 3711 24/7 Access See front desk for more details.		
1600 - 1700	Zumba	Family Fit A			
0630 - 0700	Morning Kick Start	Wenzel			
1700 - 1730	Cardio Blast	Wenzel			
Friday					
0615 - 0700	Flex Friday	Wenzel			
0915 - 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			

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

NASP Group Fitness Schedule May 2025

Monday

0915 - 1000	Yoga	Radford
1615 - 1700	Spin	Radford

Tuesday

0900	Elites	Portside
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Wednesday

0915 - 1000	Zumba	Radford
1615 - 1700	Spin	Radford
0900	Cardio Core	Portside

Thursday

0915 - 1000	Chaos Spin	Radford
1715 - 1800	Zumba	Radford
0900	Elites	Portside

Friday

0915 - 1015	3R Yoga	Radford
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Saturday

0915 - 1000	Zumba	Radford
1015 - 1100	Spin	Radford

Indoor Pool
850-452-9429
Bldg. 3828

Aquatics schedule can be found
at
MWR Pensacola facebook.

Radford Fitness Center
850-452-9845
Bldg. 4143

24/7 Access
See front desk for details.

Portside Fitness Center
850-452-7810
Bldg. 606

24/7 Access
See front desk for details.

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

RIDICULOUS RELAY

MAY 21 • 0700-1500
@ RADFORD BASKETBALL
COURT • BLDG 4143

- 2 PERSON TEAMS
- SIGN-UPS DAY OF EVENT
- PRIZES WILL BE AWARDED!



SIGN UP HERE



SCAN QR CODE TO REGISTER & FOR MORE DETAILS



MWR PENSACOLA

WWW.NAVYMWRPENSACOLA.COM

850-452-9845



YOUR OPINION

MATTERS



NAS PENSACOLA



CORRY STATION

WWW.NAVYMWRPENSACOLA.COM