

# Corry Group Fitness Schedule February 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	1030 - 1115	Zumba	Family Fit A
1030 - 1130	Toddlercize	Family Fit A	1600 - 1645	Spin	Family Fit A
1100 - 1200	Strength Training	Family Fit B	0630 - 0730	NOFFS Bootcamp	Wenzel
1600 - 1700	Strength Training	Family Fit B	1700 - 1730	Get in the Zone	Wenzel
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**



# NASP Group Fitness Schedule February 2025

Monday			Tuesday		
0915 - 1000	BUFF	Radford	0915 - 1000	Yoga	Radford
1615 - 1700	Spin	Radford	1800 - 1900	Aqua Zumba	Indoor Pool
			0900	Elites	Portside
Wednesday			Thursday		
0915 - 1000	Zumba	Radford	0915 - 1000	Spin	Radford
1130 - 1215	Yoga	Radford	1715 - 1800	Zumba	Radford
1615 - 1700	Spin	Radford	0900	Elites	Portside
1600	Cardio Core	Portside			
Friday					
0915 - 1015	3R Yoga	Radford			
Saturday					
0915 - 1000	Zumba	Radford			
1015 - 1100	Spin	Radford			

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

Indoor Pool  
850-452-9429  
Bldg. 3828

Aquatics schedule can be found  
at  
MWR Pensacola facebook.

**ONESIE**  
FUN FOR THE WHOLE FAMILY

WEAR YOUR FAVORITE ONESIE!

**SAT, FEB 22<sup>ND</sup>**  
9:30AM  
NAS Pensacola Barracks Sidewalks

**PRIZE CATEGORIES**  
Individual • Themed Family Duo • Cutest Pet Creative Group of 3 or more

SCAN QR CODE TO REGISTER  
(850) 452-9845

MWR FITNESS

**YOUR OPINION MATTERS**

NAS PENSACOLA

CORRY STATION