



Volume 27 Number 3

At Ease

March 2018

NAS Pensacola & NASP Corry



Become A Fan Of MWR on Facebook

MWR Pensacola

GO MOBILE!
"navylifepensacola"



www.navymwrpensacola.com

MWR General Information: 850-452-3806

SUMMER CAMP EXPO

SAT. MARCH 17TH AT 1200-1400

Entrance of Indoor Pool Bldg. 3828

MWR Info on MWR Summer CAMPS, **MWR**
LESSONS, & ACTIVITIES for KIDS!

452-9429



Giant Outdoor MWR Flea Market

Sunday, March 25 ♦ Noon - 4:00 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



A&W All American Food

Located in the Portside Entertainment Center
850-453-8196

Limited Time Offer

21pc Shrimp Basket
Slaw/Fries/Drink \$7.00



Cod Basket
Slaw/Fries/Drink \$6.50

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*

St. Patrick's Day Gator Push (20 yards)

March 14th ♦ 11:30 am - 5 pm

Wenzel Fitness Center

Description: Individuals will be pushing
a Gator vehicle for 20 yards.

First, second and third place male/female
winners will be determined in order
by fastest time.



Open to All



Blue Angel Park

Saturday, Sunday, Monday & Holidays ♦ 9 am - 3:30 pm ♦ 850-390-6133



Danger Zone Paintball
is great for command functions,
team building and group outings.

Call ahead to the
Outpost Marina at 850-281-5489
and schedule an event
for Friday - Monday.

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!



Our Lifts Will Accommodate Motorcycles, ATV's, Gators Golf Carts, & Lawnmowers

**Lift Rates:
\$6.50/hr & \$35/day**

Hours of Operation

Tuesday - Friday..... 11 am - 7 pm
Saturday..... 11 am - 7 pm
Sunday, Monday & Holidays Closed

SKI BEACH GEAR RENTALS



John Towers Rd. Bldg. 3487 281-0134



**MOUNTAIN BIKES GAMES
CAMPING GEAR COOLERS**



**FISHING GEAR
BOUNCE HOUSE**

**Thursday - Monday
0900 - 1700**



GET GOLF READY

Lesson Plans (Week-to-Week)

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**

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



Lessons Presented by:
A.C. Read Golf Club Professionals

**Josh Meador, PGA
Wayland Abernathy III, PGA**

Spring 2018 Sessions:

**Jan. 29 - Feb. 26 (Mondays)
1600 - 1700**

**Jan. 31 - Feb. 28 (Wednesdays)
1600 - 1700**

**Feb. 3 - Mar. 3 (Saturdays)
1000 - 1100**

**Mar. 10 - Apr. 7 (Saturdays)
0800 - 0900**

**Mar. 10 - Apr. 7 (Saturdays)
1000 - 1100**

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



PORTSIDE FITNESS BENCH PRESS COMPETITION



MARCH 28, 2018

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 SHELIA BRAND
FOR DETAILS/SIGN UP 452-7810**

AutoRama Resale Lot

NEX Mall Hwy. 98 ♦ 850-452-6542



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

Sherman Cove Marina

NAS Pensacola ♦ 850-452-2212

Pontoon Boat Rentals

There are plenty of nice boating days in the mild Florida climate. Go for a lunchtime cruise to the Oyster Bar on Perdido Key. Go beach combing in a secluded cove or a remote beach.

22' Pontoon Boat: \$28 / \$70 / \$140

25' Pontoon Boat: \$30 / \$75 / \$150

17' Boston Whaler Skiff: \$15 / \$40 / \$75

17' Cape Horn: \$30 / \$75 / \$150

21' Edge Waters: \$35 / \$90 / \$150

Bayou Grande Marina

Thursday - Monday ♦ 9 am - 5 pm ♦ 850-452-4152

Saturday Sailing Classes Begin April 7



**It Only Takes
One Saturday Morning Class
To Be Certified
To Rent Our Sailboats!**

April 7 & 21 Beginner 10 am - 3 pm \$40

April 14 & 28 Intermediate 10 am - 3 pm \$45

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

BGM Boat & Board Rentals

14' Sunfish: \$7.00 hr. / \$35.00 day

14' Laser: \$7.50 hr. / \$38.00 day

18' Hunter: \$8.50 hr. / \$43.00 day

19' Flying Scot: \$9.00 hr. / \$45.00 day

22' Catalina: \$19.00 hr. / \$100.00 day

Canoes and Kayaks: \$6.00 hr. / \$30.00 day

Paddleboards: \$6.00 hr. / \$30.00 day

NASP Corry Child and Youth Programs Presents:

Easter EggStravaganza

March 24 ♦ Noon - 4 pm

Blue Angel Naval Recreation Area

**Egg Hunt ♦ Easter Bunny ♦ Prizes ♦ Games
Face Painting ♦ Bonnet Making ♦ Free Entry
Bring Your Camera ♦ Refreshments For Sale**



Open To
Authorized
MWR Patrons

Egg Hunt Times

Age - Under 2	1:00 pm
Age - 2	1:15 pm
Age - 3	1:30 pm
Age - 4	2:00 pm
Age - 5	2:30 pm
Age - 6 & 7	3:00 pm
Age - 8, 9 & 10	3:30 pm

Information: 850-453-6310



IN-HOUSE JUNIOR LEAGUE \$150 AGES 7-13

Each junior will receive a shirt, hat, balls, tees, 7 practices, and 5 matches. Practice will be on Mondays 1630-1800. **Matches Wednesdays 1630-1830 5 March to 18 April**
Beginner - Intermediate - Advanced

JUNIOR STROKE TRAVEL TEAM \$165 AGES 9-13

Each junior will receive a shirt, hat, balls, tees, 6-7 practices, and 3-4 matches TBD. Practice will be on Thursdays 1645-1815. **15 March to mid-April Matches are TBD**
Intermediate - Advanced (must be able to break 60 for 9 holes from proper tees)

HIGH SCHOOL JUNIOR LEAGUE \$175 AGES 13-18

Each junior will receive a shirt, hat, balls, tees, 7 practices, and 5 matches. Practice will be on Tuesdays 1645-1815. **Matches Sundays 1200-1400 6 March to 29 April**
Beginner - Intermediate - Advanced

2018 FIRST TEE PROGRAM

The First Tee
Northwest Florida
New enrollees Ages 5 - 7
will be in the Target Level
Ages 8 - 12
will be in the Player Level
*Juniors must have gone through TARGET to participate in the PLAYER level class or be experienced 8 age 9 or below

TARGET CLASS
Mondays (1 hour)
March 5 - April 30
1515 - 1615

Tuesdays (1 hour)
March 6 - May 1
1515 - 1615
2 Wednesday dates

PLAYER/PAR CLASS
Fridays (1 hour 30 min)
March 2 - May 18
1600 - 1730



\$50 per junior for all eligible MWR patrons
Must sign up Youth Center on Corry Station

For more info call Josh Meador A.C. Read 452-2454 *All programs and leagues are taught by a PGA Professional

2018 DISNEY PARK HOPPER TICKETS

TICKETS & TRAVEL OFFICE

4 Day Military Promotional with Park Hopper \$222

4 Day Military Promotional with Park Hopper **PLUS** \$260.75



Paint Night

MARCH 9 🎈 **1800-2100**

AT MUSTIN BEACH CLUB

\$28 PER PERSON

FREE SNACKS AND CASH BAR!



*Your adventure awaits
on a 16 x 20 canvas!*

PAY AT TICKETS & TRAVEL ON CORRY STATION BLDG. 3787 OR CALL 850-452-6354 FOR MORE INFO

PARTY PACKAGES



Plan your next party or event with the help of MWR. We offer a variety of party packages for any occasion.

Corry Bowling Center 452-6380

Available Times: Sat. 1330 & 1600

Sun. 1330

Cost: \$80 Includes Cosmic Bowling, 2 lanes for 2 hours, shoes, sodas, and party supplies (Additional lanes \$8)

Birthday Meals: \$4 per person

No outside food allowed except for cake and ice cream

MWR Birthday Bowling Pin \$20 (upon request)



Portside Cinema 452-3523

Available Times: Sat. or Sun.

1000, 1200, 1230, 1430, or 1500

Cost: \$120 Includes 30 guests, movie, and popcorn. No outside food allowed except for cake and ice cream

\$25 deposit due 10 days prior to event (Additional guests are \$4 each)

Bayou Grande Marina 452-4152

Crow's Nest Room Rental

Package available during daylight hours, (Oct-Mar) 800-1500, (Apr-Sep) 0900-1600

Cost: \$250 for room only

\$300 for room plus up to 12 kayaks, paddleboards, or canoes.

\$150 refundable cleaning deposit



Ski Beach Recreation 281-0134

Available Times: Daylight hours year round

Cost: \$50 required when booking

Includes use of pavilion (holds 25 people)

2 kayaks and 2 paddleboards for 3 hours

(additional time can be purchased for \$5 per rental per hour.)



PARTY PACKAGES



MWR Aquatics Pool 452-9429

Available Times: Tues. - Sun. 1900-2200

Cost: Includes at least 2 lifeguards for 3 hours

\$150 1-75 people (\$30 each add. hour)

Additional pricing available for more than 75 guests

The All-Navy SPLASH test will be administered at the beginning of the party to all patrons 17 and under who do not possess a valid 2017 SPLASH card. Individuals that don't pass must remain in water that does not go above their armpits.

Outside food and beverage is allowed in designated areas only.



Blue Angel Park 281-5489

Paintball Party

Available Times: Field is available for rent

Fri-Mon (Must be 12 yrs old to play)

Cost: \$100 required when booking

Includes field fee and equipment for 10 guests.

(additional guests \$13 military and \$18 civilian)

Paint must be purchased on site.



We want your feedback

navymwrpensacola.com/online-survey

For more info on activities offered by MWR please visit our website navymwrpensacola.com



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:

The Commuter ♦ Den of Thieves

Maze Runner: The Death Cure

The Cloverfield Paradox ♦ 12 Strong

Winchester: The House That Ghosts Built

Peter Rabbit ♦ The 15:17 to Paris

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

POOL HOURS FOR MARCH

****CLOSED ON HOLIDAYS, WEDNESDAYS, AND FIRST WEEKEND OF EVERY MONTH****

PROGRAMS AVAILABLE

SKILLS PROFICIENCY:

Mon. & Thurs. 1645-1730

Improve on your basic strokes

WATER POLO:

Mon. & Thurs. 1630-1730

Drills and mini games

MASTERS

M,T,R,F 1630-1730

Coach on hand, premade workouts, and equipment. \$30 monthly fee

AQUA AEROBICS

Mondays 1800-1845

Shallow water

Tuesdays 1800-1845

Aqua Zumba

Fridays 1800-1845

Deep Water

FIN SWIM

Thurs. 1800-1900

SWIM LESSONS

Tues. & Fri.

1630-1700 & 1700-1730

Beginner and Intermediate classes ages 4-10

GOSLINGS

Tues. & Fri. 1730-1820

Advance lessons ages 5-12

PNY (Pensacola Navy Swim Team)

M,T,R,F

VARSITY 1630-1830

AGE GROUPERS 1700-1830

NOVICE 1730-1830

1 ON 1

Time and days varies

We teach all skill levels. Call the office for specifics. \$15 for a 30 minute class.

LAP SWIM:
M,T,R,F 1630-1800

WEEKEND HOURS
1200-1700

REC SWIM:
M,T,R,F 1900-2100



INDOOR POOL BLDG. 3828

For more info call 850.452.9429 or www.navymwrpensacola.com

CORRY BOWLING CENTER COSMIC

Tuesday 7 – 9 pm(Feb 6 – March 27) Due to Captain's Cup

NEW TIME Friday 8 pm – 10 pm**

Saturday 7:30-9:30 pm & 10 pm –Midnight

\$8 per person

Shoes and 2 Hours of bowling

CORRY GRILL

March 17

Corn Dog Day

Mini Corn Dogs

\$2.75

OLD CROW'S NEST



ST PATRICK'S DAY FUN



Dr. Seuss



From here to there....

From there to here....

Bowling fun is everywhere....

You could not

You would not

want to miss

Cosmic Bowling on Dr. Seuss Day.



March is the month, 2nd is the day

Friday 6:30- 7:30 pm

Is where you want to play

One hour of bowling

Shoes included

\$5 per person

Is all you will pay



Call Corry Bowling Center for Reservations
850-452-6380



CORRY BOWLING CENTER COSMIC

Tuesday 6:30-8:30 pm

Friday 10 pm – Midnight

Saturday 7:30-9:30 pm & 10 pm –Midnight

\$8 per person

Shoes and 2 Hours of bowling

Ask about our Orange Pin

850-452-6380

STILL SPACE AVAILABLE

MWR FRIENDS & FAMILY

ANY AGE LEAGUE

2nd and 4th Sundays of the month
@ 4 pm

Three person team
\$5 per person per week

For more info
Call the Bowling Center
850-452-6380



St. Patrick's Day Cosmic



Saturday March 17

6:30 – 9:30 PM

\$12 per person

(\$6 for 5 years and under)

3 Hours of bowling and shoes

Come dressed for St Patty's Day and
Save \$2



Call for reservations
Corry Bowling Center
850-452-6380





March 17 ♦ 10 am - Noon
NASP Indoor Pool Bldg. 3828

Come out and do a
 quick swim and run.



Improve on your time
 if you have done it before.

4 age groups
first prize for male and female
of each age group.

For more information,
call 850-452-9429

Aquatics Skills Proficiency Class

Mondays and Thursdays ♦ 4:45 - 5:30 pm



Improve on your basic strokes
and work on treading



For more information,
call 850-452-9429

Wibit Weekend

March 17 ♦ Noon - 5 pm
and March 18 ♦ Noon - 3 pm
NASP Indoor Pool Bldg. 3828



Enjoy the Wibit Track all weekend
and see how long you can stand
on the Log while you're at it.

For more information,
call 850-452-9429



All Aquatics Classes 6:00 - 6:45 pm

Come out and join us for our Classes,
we have a little bit of
everything everyone 16 & up.

Mondays - Shallow Water Aqua Aerobics
 Uses resistance equipment

Tuesdays - Aqua Zumba
 Get your groove on and
 get a great workout doing it!

Fridays- Deep Water Aqua Class
 Low impact, uses aqua belts and equipment

For more information,
call 850-452-9429



NASP GROUP FITNESS SCHEDULE MARCH 2018

MONDAY			TUESDAY		
0615-0700	XT Yoga - Myah	Radford	0615-0700	20/20/20 - Myah	Radford
0900-1000	Circuit - Robin	Radford	0915-1000	Pilates - Keri	Radford
1015-1100	Pilates - Keri	Radford	1000-1200	TTCT	Portside
1115-1200	Zumba - Veronica	Radford	1015-1100	Mixxed Fit - Myah	Radford
1115-1200	NOFFS Zone	Radford	1115-1200	S.A.C. - Ann	Radford
1130	Outside the Box - Shiela	Portside	1115-1200	Power Regen. - Myah	Radford
1230	Outside the Box - Shiela	Portside	1600-1645	Spinning - Regine	Radford
1600-1645	TRX	Radford	1600-1700	NOFFS Zone	Radford
1630	Outside the Box - Shiela	Portside	1630-1700	Functional Fit NOFFS Zone	Portside
1700-1745	S.A.C. - Ann	Radford	1630	Master's Swim	Indoor Pool
1630	Water Polo	Indoor Pool	1700-1730	Functional Fit NOFFS Zone	Portside
1630	Master's Swim	Indoor Pool	1700-1745	Mixxed Fit - Myah	Radford
1645-1730	Skill Pro	Indoor Pool	1730	Foam Roll & Stretch - Shiela	Portside
1730	Foam Roll & Stretch - Shiela	Portside	1800-1845	Aqua Zumba	Indoor Pool
1800-1845	Yoga - Dana	Radford	1800-1845	Yin yoga - Lela	Radford
1800-1845	Shallow H2O Aerobics	Indoor Pool	THURSDAY		
WEDNESDAY			0915-1000	HIIT - Myah	Radford
0615-0700	Chaos Spin - Michal	Radford	1000-1200	TTCT	Portside
0915-1000	Spin - Andi	Radford	1015-1100	Zumba - Veronica	Radford
1015-1100	Yoga - Myah	Radford	1115-1200	20/20/20 - Myah	Radford
1115-1200	Pilates - Keri	Radford	1115-1200	NOFFS Zone	Radford
1130-1200	360 Super Circuit - Shiela	Portside	1600-1645	Spinning - Regine	Radford
1200-1230	360 Super Circuit - Shiela	Portside	1630-1700	Functional Fit NOFFS Zone	Portside
1600-1700	NOFFS Zone	Radford	1630	Water Polo	Indoor Pool
1630	Circuit - Robin	Radford	1630	Master's Swim	Indoor Pool
1630	360 Super Circuit - Shiela	Portside	1645-1730	Skill Pro	Indoor Pool
1730	Foam Roll & Stretch - Shiela	Portside	1700-1730	Functional Fit NOFFS Zone	Portside
			1700-1745	S.A.C. - Ann	Radford
			1730	Foam Roll & Stretch - Shiela	Portside
FRIDAY			1800	Fin Swim	Indoor Pool
0915-1015	Spin - Andi	Radford	1800-1845	Yoga - Vina	Radford
1115-1200	Strong - Veronica	Radford	SATURDAY		
1630	Fast Fridays - Shiela	Portside	0900-1000	Zumba - Veronica	Radford
1630	Master's Swim	Indoor Pool			
1800	Deep H2O Aerobics	Indoor Pool			

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



Splash-N-Dash
March 17th
1000-1200
Indoor Pool



Corry Group Fitness Schedule March 2018

MONDAY			WEDNESDAY		
800	Balance 30 - Lu	Wellness	900	Step Out - Lisa	Wellness
900	MIXXED FIT - Myah	Family Fitness	900	Spinning - Bob	Wellness
1000	Mommy & Tot Yoga - Vina	Family Fitness	930	Pump Cycle - Dennexx	Family Fitness
900	Spinning - Bob	Wellness	1100-1300	Strength Training - Tim	Wellness
915-945	Balance 30 - Lu	Wellness	1115	Spinning - OT	Wellness
1100-1300	Strength Training - Tim	Wellness	1130	Operation Circuit Madness - Leon	Wenzel
1115	Spinning - Lisa	Wellness	1230-100	Step Out - Lisa	Wellness
1130	Cardio & Ab Sculpt-Leon	Wenzel	1400	Restorative Yoga - Myah	Wellness
1230-100	Step Out - Lisa	Wellness	1400-1700	Strength Training - Tim	Wellness
1400-1700	Strength Training - Tim	Wellness	1630	Resolution Fitness	Wenzel
1630	Resolution Fitness	Wenzel	1630	Spinning - Lena	Wellness
1630	Spinning - Lena	Wellness	1630	Toddlercize - Toni	Family Fitness
1645	Zumba - Barbara	Family Fitness			

TUESDAY			THURSDAY		
600	Spinning - Bob	Wellness	600	Spinning - OT	Wellness
900	Boxing w/a Twist - Dennexx	Family Fitness	900	Toddlercize - Toni	Family Fitness
1100-1300	Strength Training - Tim	Wellness	1000	Spin Crazy - Dennexx	Family Fitness
1400-1700	Strength Training - Tim	Wellness	1100-1300	Strength Training - Tim	Wellness
1630	Kids Zumba - Barbara	Family Fitness	1230	Step - Lisa	Wellness
			1400-1700	Strength Training - Tim	Wellness
			1630	Piyo - Myah	Family Fitness

FRIDAY		
800	Balance 30 - Lu	Wellness
900	Zumba - Barbara	Family Fitness
900-1200	Strength Training - Tim	Wellness
900	Spinning - Bob	Wellness
915-945	Balance 30 - Lu	Wellness
1300-1600	Strength Training - Tim	Wellness

WENZEL - 850.452.6198

Corry Station Bldg. 3711

Mon: 0500-2000, Tues-Thurs: 0100-2000

Fri: 0100-1800

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: 0800-1130 1500-1900

Fri - Sat: 0800-1230

Sun & Holidays: Closed

**St. Patrick's Day
Gator Push
March 14th
Wenzel Fitness Center
1130 & 1700**



March 2018 Group Fitness Descriptions

20/20/20: A variation of cardio, weights, abs and yoga.

360 Super Circuit: Total body strength and high intensity cardio utilizing battle ropes, med balls, kettlebells around the Synrgy 360 Jungle Gym.

Aqua Aerobics: Traditional style aerobics in the water!

Balance 30: Multi-Component training addressing decreased balance.

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/Boxing with a Twist: Simply – Box Mania with added cardio intervals.

Chaos Spin/Pump Cycle: Cardio intervals on the bike with upper body, abs on the floor. Perfect class for people new to SPIN.

Circuit Boot Camp: 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.

Fast Fridays: 20 minute workout challenging your strength and endurance.

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

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

Mobility Foam Roll and Stretch: Improve performance by increasing your flexibility and mobility with foam rollers and straps.

NOFFS ZONE/Outside the Box: 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.

Pilates: A classic Pilates method to increase core muscular strength while developing an understanding of Pilates movement.

PRT Run Improvement: Optimizing fitness & readiness by exceeding minimum standards for the cardio-respiratory event. **BY APPT. ONLY**

S.A.C.: Combine body weight movements, resistance equipment, dynamic exercises and static holds to get you stronger and tighter from core to extremity.

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 sync to music.

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.

XT Yoga: Cross Train Yoga - A faster paced yoga to get ready for your work week!

Yoga: A slower, more meditative series of stretches to help relieve stress and restore balance to your mind, body and spirit.

Yin 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.

