

Corry Group Fitness Schedule January 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 January 2025

Monday			Tuesday		
0915 - 1000	BUFF	Radford	0915 - 1000	Yoga	Radford
1130 - 1215	Spin	Radford	1800 - 1900	Aqua Zumba	Indoor Pool
1615 - 1700	Spin	Radford	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

Classes start Jan 6, 2025

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, JAN 25TH
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