

# Corry Group Fitness Schedule July 2024

Monday			Tuesday		
0715 - 0745	Balance 30	Family Fit B	1015 - 1100	Tai Chi	Family Fit A
0815 - 0900	Pillar 360	Family Fit A	1100 - 1200	Strength Training	Family Fit B
0900 - 0945	Leg Sculpt	Family Fit A	1600 - 1700	Strength Training	Family Fit B
1600 - 1645	Zumba	Family Fit A	1600 - 1645	Spin	Family Fit A
0630 - 0700	Morning Kick Start	Wenzel	0630 - 0730	NOFFS Bootcamp	Wenzel
1700 - 1730	Insane Abs	Wenzel	1700 - 1800	Get in the Zone	Wenzel

Wednesday			Thursday		
0815 - 0900	All In	Family Fit A	0900 - 0945	HIIT	Family Fit A
0900 - 0945	Spin	Family Fit A	1600 - 1645	Spin	Family Fit A
1030 - 1130	Toddlercize	Family Fit A	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			
1600 - 1645	TIER 1	Family Fit A			
0630 - 0700	Morning Kick Start	Wenzel			
1700 - 1730	Cardio Blast	Wenzel			

Friday		
0900 - 0945	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**  
850-452-6371  
Corry Station Bldg. 3735  
**Lap swim**  
Mon - Fri  
0530-0730  
**Rec/Lap swim**  
Mon - Fri 1200-1800  
Sat 1000-1800  
Sun 1200-1800

**Wenzel Fitness Center**  
850-452-6198  
Corry Station Bldg. 3711  
Mon - Thurs: 0400 - 1900  
Fri: 0400 - 1800  
Sat, Sun, & Holidays: 0800-1800

**Family Fitness Center**  
850-452-6004 or 850-452-6802  
Corry Station Bldg. 3712  
Mon - Fri: 0600 - 1900  
Sat, Sun, & Holidays: CLOSED

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# NASP Group Fitness Schedule July 2024

Monday			Tuesday		
0915 - 1000	Flow Yoga	Radford	0915 - 1000	Pilates	Radford
1615 - 1700	Spin	Radford	1115 - 1200	Paddleboard	Bayou Grande
1600 - 1645	Skills Pro	Indoor Pool	1800 - 1845	Aqua Zumba	Mustin Pool
1700 - 1800	Masters	Indoor Pool	0900	Elites	Portside
			1600	Skills & Drills	Portside
			1600 - 1645	Skills Pro	Indoor Pool
			1700 - 1800	Masters	Indoor Pool
Wednesday			Thursday		
1015 - 1100	H2O	Mustin Pool	0915 - 1015	Mindful Yoga	Radford
1615 - 1700	Spin	Radford	0900	Elites	Portside
1100	Gentle Flow Yoga	Portside	1600	Power Yoga	Portside
1600	Cardio Core	Portside	1600 - 1645	Skills Pro	Indoor Pool
1600 - 1645	Skills Pro	Indoor Pool	1700 - 1800	Masters	Indoor Pool
1700 - 1800	Masters	Indoor Pool	<b>Radford Fitness Center</b> 850-452-9845 NASP Bldg. 4143 Mon - Thurs: 0500 - 2000 Fri: 0500 - 1800 Sat: 0700 - 1700 Sun & Holidays: CLOSED		
Friday					
1030 - 1130	3R Yoga	Radford			
Saturday					
0915 - 1000	Zumba	Radford	<b>Portside Fitness Center</b> 850-452-7810 Bldg. 606  All Eligible Patrons Mon - Fri: 0500 - 1430 Sat, Sun & Holidays: 0800 - 1800 <u>Active Duty E4 &amp; below ONLY</u> Mon - Thurs: 1430 - 2000 Fri: 1430 - 1800		

## Mustin Beach Pool

### Lap swim

Mon - Fri

0530-0730, 1100-1800

### Rec/Lap swim

Mon - Fri 1200-1800

Sat 1000-1800

Sun 1200-1800

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