



March 2020

Volume 30 Number 3

At Ease

Serving NAS Pensacola & NASP Corry Station

Contact Us:

MWR General
Information

(850) 452-3806

450 Radford Blvd
Bldg. 4143

Monday - Friday
7:30 am - 4 pm

CLICK HERE TO TAKE
OUR SHORT SURVEY

WE WANT YOUR
FEEDBACK

www.navymwrpensacola.com

Like Us On
Facebook

"MWR Pensacola"

DOWNLOAD
our app:

"Navy MWR Pensacola"



Available on the
App Store

GET IT ON
Google play

NASP CORRY CHILD & YOUTH PROGRAMS PRESENTS

FREE EVENT!
OPEN TO ALL AUTHORIZED
MWR PATRONS

Easter Egg-stravaganza

**Saturday
April 4th
12pm - 4pm**

**Blue Angel
PARK**
2100 BRONSON RD
PENSACOLA, FL 32506
(850) 453-6310

Easter Egg Hunts • Easter Bunny • Games & Prizes
Face Painting • Bonnet Making • Refreshments for sale

Free Admission!

Explore Travel
& Recreation
Destinations across
the Southeast

**Travel
EXPO**

**Never stop
Exploring!**

**DOOR
PRIZES!**

Information,
Tickets & Travel:
850-452-6354

Thursday, April 16, 2020 • 10 am - 1 pm

MUSTIN BEACH CLUB
NAS PENSACOLA, FL

WWW.NAVYMWRPENSACOLA.COM

DR. SEUSS STORY TIME

You can find magic
Wherever you look,
Just sit back and relax
And open a book!

MARCH 2ND
10AM
STATION LIBRARY



FOR MORE INFORMATION
STOP BY THE CIRCULATION DESK
OR CALL 850-452-4362.

GEICO[®] MILITARY

Proudly serving the
Military since 1936.

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Sponsorship of this event does not imply endorsement
by the Federal government of products or services.



THE DAY OF THE DUDE COSMIC BOWLING

MARCH 6, 2020
7:30 - 10:00 PM

\$10 PER PERSON  **\$5 5 YEARS & UNDER**

COME DRESSED AS
THE DUDE & SAVE \$2

CALL CORRY BOWLING CENTER
FOR RESERVATIONS AT 850-452-6380.

Saint Patrick's Day



Cosmic Bowling

\$10 PER PERSON **MARCH 17TH**
(\$5 FOR 5 & UNDER) 6:30-9PM

✿ **SAVE \$2 DRESSED IN ST. PATTY'S DAY GARB!** ✿

Call Corry Bowling Center for reservations.
(850) 253-6380

MWR BOWLING

An Education Designed for Deployment



Our Commitment to Serving Military Students
and Their Families Includes:

- » Tuition Assistance
- » Tuition Rates Below DoD Cap
- » Military Training Credits
- » Scholarships for Spouses and Children

 **COLUMBIA
SOUTHERN
UNIVERSITY**

Gifted Employment Information Available

https://www.columbiasouthern.edu/ipmi?utm_source=NAS%2BPensacola&utm_medium=Banner&utm_content=2020%2BNAS%2BNewsletter&utm_campaign=Military&adCode=5001

BAYOU GRANDE MARINA
Bldg. 3244 452-4152



Full Moon Float

March 9 ~ 1730 - 2030
FREE food and drinks!!!

Come paddle after dark for FREE..
Underwater lights - All gear provided
Kayaks, Tandem Kayaks
& Paddle boards

Open to all MWR patrons, bring your family and friends.

TEEN PAINT & SIP



COME AND JOIN US!
Teens have fun sipping smoothies and eating snacks
while painting at your Corry Teen Center.

MARCH 20
5:30 PM - 8:00 PM

For more information contact
Corry Teen Center at (850) 453-3490



 *Now Showing*  

MOVIE RENTALS

★ **STATION LIBRARY** ★



FOR MORE INFORMATION
STOP BY THE CIRCULATION DESK
OR CALL 850-452-4362.

PORTSIDE TWIN Cinema
NAVAL AIR STATION PENSACOLA

Box Office Opens 9 AM 📞 850-452-3523
Movie Info (recording) 📞 850-452-3522

Affordable Admission Fees

Adults: \$4 ~ 3D is \$5
Children 6 - 11 yrs: \$2 ~ 3D is \$3
Children 5 yrs & under: FREE

Upcoming Movies:

Birds of Prey ♦ Fantasy Island
Sonic The Hedgehog
The Photograph
Brahms: The Boy II
Onward ♦ The Way Back
The Call of the Wild

SKI BEACH
COMMUNITY RECREATION AREA
Located on Bayou Grande Marina

MWR COMMUNITY RECREATION

Outpost Rentals:

- KAYAKS & PADDLE BOARDS
- CAMPING & FISHING GEAR
- MOUNTAIN BIKES
- BOUNCE HOUSE & PARTY RENTALS
- FISHING PIER
- NEW PLAYGROUND
- NATURE TRAIL
- SHADED PAVILIONS & PICNIC AREAS
- PRIVATE PARTIES & COMMAND FUNCTIONS

DOWNLOAD our App FOLLOW US
MWR PENSACOLA

2020 Spring Soccer, Baseball, & T-Ball Registration

Corry Youth Center, Bldg. 4118
February 24 through March 13
Monday - Friday 1100 - 1600

Sports Fee: \$60
Fee Includes Jersey & Trophy

Open to dependents ages 4 to 14 of active duty or retired military, DOD employees, contractors and reservists

Skills Evaluation
Saturday, March 28, at Corry Youth Sports Complex (Hwy 98)

Ages 4 - 5 at 0900 Ages 6 - 8 at 1000
Ages 9 - 14 at 1100

Parents must complete annual *Parent Association for Youth Sports (PAYS)* training prior to registering. Log onto www.nays.org/parents to complete training.
2 Emergency contacts (non parents) are required at registration.

NAVY CYP Child and Youth Programs
For more information call 850-453-3490
Coaches & Assistants always needed! **MWR** PENSACOLA

POP-UP PLAYDATES

2ND & 4TH Tuesdays 10^{AM} - 12^{PM}

MWR COMMUNITY RECREATION

MARCH:
03/10 • Family Fitness
03/24 • Lighthouse Point

Locations will vary on NASP & Corry Station
Subject to change or cancel for inclement weather
f MWR PENSACOLA
850-452-3806



DO IT FOR KOBE
REMEMBRANCE EVENT

BASKETBALL
SKILLS WORKOUT & CIRCUIT TRAINING

- 24 MINUTES
- 8 STATIONS
- 8 ROUNDS OF BASKETBALL DRILLS & WORKOUTS

MARCH 2ND @ 4:30 PM
MARCH 8TH @ 10:30 AM

WENZEL FITNESS CENTER

MWR FITNESS FOR MORE INFORMATION CONTACT
WENZEL FITNESS CENTER 850-452-6198.

WALK THRU HISTORY
NAS PENSACOLA 1826 TO PRESENT

0830-1030 ♦ **MARCH 27** ♦ MEET AT MUSTIN BEACH CLUB
*Rain date April 3



- Learn about the original Warrington and see the only building left
- Learn about the history on some of the buildings still standing on the original Navy Yard
- The 'exploits' of the first Naval Aviators 1914
- Navy takes over of the Army land in 1947
- Expansion into the modern era

SIGN UP AT: RADFORD GYM, PORTSIDE GYM OR WELLNESS CENTER

MWR FITNESS

For more information please call the Wellness Center at 452-6802

Start signing up now at Corry Youth Center

\$50 per junior for all eligible MWR patrons

The First Tee®
Northwest Florida

2020 FIRST TEE PROGRAM

New enrollees Ages 7 - 9 will be in the Target Level

Ages 10 - 13 will be in the PLAYer Level
Limited to first 12 juniors per class

MWR GOLF

SPRING CLASS SCHEDULE

TARGET CLASS ①	PLAYer/PAR CLASS
Tuesdays (1 hour)	Tuesdays (1 hour 30 min)
March 3 - May 5	March 24 - May 19
1530 - 1630	1700 - 1830
<i>*Skip Spring Break Week</i>	

TARGET CLASS ②
Wednesdays (1 hour)
March 4 - May 6
1530 - 1630
**Skip Spring Break Week*



Sign up at Corry Station Youth Center
For more information call Josh Meador at A.C. Read 452-2454

25TH MAR



MWR FITNESS

BENCH PRESS COMPETITION

WEIGH IN BEGINS: 1630  **COMPETITION BEGINS: 1700**

Lb. for Lb. competition utilizing the Schwartz/Malone Formula
1st, 2nd and 3rd place awards for Male/Female.

PORTSIDE FITNESS CENTER

FOR MORE INFORMATION CONTACT SHIELA BRAND 850.452.7810.



NASP CORRY STATION RECREATION

CORN HOLE TOURNAMENT

2-Person
Teams



3 March - 2 April, 2020
(Tentative Dates)

NASP Corry Station
Wenzel Gym, Bldg. 3711

Deadline to Enter: February 25, 2020
Coaches Meeting: February 25, 2020 @ 1100

MWR Sports Office Bldg. 3738

Eligible Patrons: Active Duty & Their Spouses, Ready Reservists,
DOD & Permanent Contracted Personnel of NASP Corry Station

For More Information, Contact your Command Sports
Representative or call the NASP Corry Station Sports Office:

850-452-6520



CORRY STATION CAPTAIN'S CUP

GOLF SCRAMBLE

March 13, 2020

4-Player
Teams



A.C. Read Golf Course
Par 72

Deadline to enter: March 6, 2020
Green Fees due: March 11, 2020

Coaches Meetings: March 6, 2020 at 1100
MWR Sports Office Bldg. 3738

Eligible Patrons: Active Duty & Their Spouses, Ready Reservists,
DOD & Permanent Contracted Personnel of NAS Pensacola

For More Information, contact your Command Sports
Representative or call the Corry Station Sports Office:

850-452-6520



NAS PENSACOLA CAPTAIN'S CUP

GOLF SCRAMBLE

March 13, 2020

4-Player
Teams



A.C. Read Golf Course
Par 72

Deadline to enter: February 28, 2020
Green Fees due: March 11, 2020

Eligible Patrons: Active Duty & Their Spouses, Ready Reservists,
DOD & Permanent Contracted Personnel of NAS Pensacola

For More Information, contact your Command Sports
Representative or call the NAS Pensacola Sports Office:

850-452-4391/4392



NAS PENSACOLA CAPTAIN'S CUP

TABLE TENNIS TOURNAMENT

Starts: March 9, 2020

4-Player
Teams



Portside Gym Bldg. 627
(Lunchtime event)

Deadline to enter: February 28, 2020

Eligible Patrons: Active Duty & Their Spouses, Ready Reservists,
DOD & Permanent Contracted Personnel of NAS Pensacola

For More Information, contact your Command Sports
Representative or call the NAS Pensacola Sports Office:

850-452-4391/4392



Become a
**CERTIFIED
LIFEGUARD**
TODAY!!!



NAS Pensacola MWR Aquatic Team

REQUIREMENTS:

- 15 years of age
- Pass Pretest
- 100% Attendance of Course

PRETEST:

- 300 yard Swim
(Freestyle, Breaststroke or Combination)
- 2 minute Tread
(without hands)
- 20 yard Brick Retrieval

PRICE:

Course: \$185 (Pretest: \$15 + Class: \$170)

All classes are held 1730 - 2100



Military, DOD, Contractors, Civilians:
ALL ARE WELCOME!

Evening Courses are held aboard
NAS Pensacola at the Indoor Pool, Bldg. 3828
A portion of the course must be completed
online prior to the first class.

MARCH COURSE:

- Pretest Date: Mar 2 or Mar 5
- Class Dates: Mar 8 & Mar 12 - Mar 16

APRIL COURSE:

- Pretest Date: Mar 30 or Apr 2
- Class Dates: Apr 3, 5 & Apr 9-12

MAY COURSE:

- Pretest Date: Apr 27 & Apr 30
- Class Dates: May 4, 8-11 & May 14

NAS Pensacola
MWR AQUATICS OFFICE:
850-452-9429
nasplgstaff@yahoo.com

DAILY SPECIALS



Portside Food Court Bldg 3912

MONDAY

\$6

CHICKEN
SANDWICH OR
CHICKEN TENDERS
COMBO



TUESDAY

\$1

**CONEY
DAY**



MAKE IT A COMBO
FOR \$3.00 MORE

WEDNESDAY

\$6

PAPA BURGER
SINGLE COMBO



THURSDAY

\$1

**CHEESE
BURGER**



MAKE IT A COMBO
FOR \$3.00 MORE

FRIDAY

\$6

BACON
CHEESEBURGER
COMBO



SKILL PROFICIENCY



**Monday &
Thursday**
1645-1745

Class for Active Duty to improve your basic
swimming strokes! For more info call 452-9429.



LIFEGUARD

Review Course

Class for ARC Lifeguard Certified Individuals
with expiring certification.

**\$120
Due First
Class**

**Classes at
1730 - 2100**

**PRE TEST
MARCH
20 & 23**

**CLASSES
MARCH
26, 27 & 28**



More info call 452-9429



AUTORAMA RESALE LOT

NEX Mall Hwy. 98

Sell your vehicle fast!



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

AUTORAMA RESALE LOT

NEX Mall Hwy. 98

Do your vehicle fast!

- ★ 10 COVERED STALLS
- ★ 3 FRAME LIFTS
- ★ 2 CAR WASH BAYS
- ★ 3 OVERHAUL BAYS
- ★ 5 DRIVE-ON LIFTS
- ★ THOUSANDS OF TOOLS

Our lifts will accommodate motorcycles, ATV'S, Gators, Golf Carts & Lawnmowers.

Lift Rates:

\$6.50/hr & \$35/day



Hours of Operation

Tues - Sat.....11 am - 7 pm

Sun, Mon, & Holidays.....Closed

SHERMAN COVE MARINA

Open 7 days a week 6 am - 6 pm 452-2212

BOAT RENTALS ~ 7 AM - 5 PM

22' PONTOON BOAT: \$28 / \$70 / \$140

25' PONTOON BOAT: \$30 / \$75 / \$150

17' BOSTON WHALER SKIFF: \$15 / \$40

17' CAPE HORN: \$30 / \$75 / \$150

21' EDGE WATERS: \$35 / \$90 / \$150

RENTAL INFORMATION

HOURLY - 1 HR

HALF DAY - 3 HRS

FULL DAY - 6 HRS

Fuel Dock 7 am - 5:00 pm

BAYOU GRANDE MARINA

Open 7 days a week 6 am - 6 pm 452-4152

SATURDAY SAILING CLASSES



Upon successful completion, students will receive United States Naval Sailing Association certification, recognized throughout the Navy and Marine Corp.

Friday - Sunday 10 am - 3 pm

Beginner Mate A starts Feb. 1

Intermediate Skipper B starts Feb. 8

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

BGM BOAT & BOARD RENTAL

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 SCOUT: \$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



Corry Auto Skills Center

Bldg. 1006 ★ 850.452.6542

Hours of Operation

Tuesday - Saturday: 11am - 7pm

Sunday & Monday & Holidays: Closed

NO NEW BUSINESS AFTER 6PM.

CLEAN UP STARTS 1 HOUR PRIOR TO CLOSING.

SHOP FEES

AUTORAMA - RESALE LOT

15 days.....\$30.00

30 days...★ **BEST VALUE**.....\$40.00

STALL FEES (Tools Included)

Per hour / minimum 1 hour.....\$ 5.00

All day pass.....\$25.00

Weekly fee...★ **BEST VALUE**.....\$85.00

STORAGE FEES

Per day - 1st day no charge.....\$ 5.00

AUTOMOTIVE & MOTORCYCLE LIFT FEES

per hour.....\$ 6.50

per day pass...★ **BEST VALUE**.....\$35.00

TIRE OPERATIONS

Valve stem - each.....\$ 3.00

Patch repair - each.....\$10.00

Patch repair and rebalance.....\$15.00

Tire mount / dismount - each.....\$ 3.00

Tire balancing - each.....\$10.00

Tire balancing / over 17" & light truck tires.....\$12.00

Nitrogen - Top Off Only.....\$ 5.00

Nitrogen (motorcycles & trailers).....\$10.00

Nitrogen - Autos and light trucks.....\$20.00

Nitrogen - Off road & 6-wheel or more.....\$30.00

MACHINE OPERATIONS

Brake rotors / drums - each.....\$10.00

BATTERY CHARGE

Auto / truck / marine / Motorcycle / lawn and garden.....\$ 5.00

COMPUTER CODE READING with print out.....\$ 5.00

AIR CONDITIONING: Use of gauges and vac pump.....\$20.00

BEAD BLASTING CABINET: Per half hour.....\$ 6.00

VALVE MACHINE: Per hole.....\$ 2.50

ENGINE STEAM CLEANER: Per half hour.....\$25.00

revised/effective 10/2019

MWR
COMMUNITY ORGANIZATION

ON SALE
FEB 25TH

Variety of fabric choices available.

FEELING CRAFTY GNOMES

MAR 13th 6:00 PM
Free Snacks & Cash Bar
\$10 Per Person
Mustin Beach Club

Pay at Tickets & Travel Office at the Navy Shopping Mall.
For more information call 850-452-6354.

RADFORD FITNESS CENTER

Leprechaun Fun Run

1.5 MILES **MWR**
FITNESS



MARCH 17 at 0800
Sea Wall (PRT Course)
Muffins will be given at the finish line.

FOR MORE INFORMATION CONTACT
RADFORD FITNESS CENTER AT 850-452-9845.

FREE
ADVANCED SCREENING

Box Office Opens 9 AM 🐣 850-452-3523
Movie Info (recording) 🐣 850-452-3522

MARCH 7TH SHOWTIME 1200




Seats not filled 15 minutes before show time will be filled by standby. Cameras, cell phones & recording devices prohibited.

RATED (PG-13)
GET YOUR **FREE** TICKET EARLY





For more info call **452.9429** or go to
www.navyMWRPensacola.com



HOURS FOR MARCH

Indoor Pool

LAP SWIM:

Mon., Tues., Thurs., & Fri.
1630-1800

REC/LITE LAP:

Mon. Tues. & Thurs. Sat. & Sun.
1900-2100 1200-1700

PNY - Pensacola Navy Youth

Mon., Tues., Thurs., & Fri.
1800-1900

LIFEGUARD PREP

Mondays \$5
1900-1945

MASTERS

Mon., Tues., Thurs., & Fri.
1700-1800

SWIM LESSONS *March 10 - April 3*

Tues. & Fri. 1645 - 1715 - Beginners

Tues. & Fri. 1720 - 1750 - Intermediate

GUPPIES & GOSLINGS *March 10 - April 3*

Tues. & Fri. 1700 - 1745 - Age 4-6 Guppies

Tues. & Fri. 1800 - 1850 - School Age
Goslings

SKILL PROFICIENCY

Mon. & Thurs. 1645 - 1745

ZUMBA/AQUA AEROBICS

Mon., Tues. & Thurs. 1800 - 1845

1 ON 1

Classes available 6 days a week

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



Become a
**CERTIFIED
LIFEGUARD
TODAY!!!**



NAS Pensacola MWR Aquatic Team

REQUIREMENTS:

- 15 years of age
- Pass Pretest
- 100% Attendance of Course

PRETEST:

- 300 yard Swim
- 2 minute Tread (without hands)
- 20 yard Brick Retrieval

PRICE:

Course: \$185 (Pretest: \$15 + Class: \$170)

All classes are held 1730 - 2100

Military, DOD, Contractors, Civilians:
ALL ARE WELCOME!

Evening Courses are held aboard
NAS Pensacola at the Indoor Pool, Bldg. 3828
A portion of the course must be completed
online prior to the first class.

MARCH COURSE:

- Pretest Date: Mar 2 or Mar 5
- Class Dates: Mar 8 & Mar 12 - Mar 16

APRIL COURSE:

- Pretest Date: Mar 30 or Apr 2 - Apr 13 or Apr 16
- Class Dates: *Class 1* Apr 3, 5 & Apr 9-12 *Class 2* Apr 17-20 & Apr 23-24

MAY COURSE:

- Pretest Date: Apr 27 & Apr 30
- Class Dates: May 4, 8-11 & May 14



NAS Pensacola
MWR AQUATICS OFFICE:
850-452-9429
nasplgstaff@yahoo.com



March 21
1200 - 1700

March 22
1200 - 1500

NASP GROUP FITNESS SCHEDULE MARCH 2020

MONDAY			TUESDAY		
0900-1000	Step Circuit - Robin	Radford	0915-1000	Pilates - Keri	Radford
1015-1100	Pilates - Keri	Radford	915	Elites	Portside
1115-1200	Yoga - Mimi	Radford	1015-1100	Muscle Conditioning - Rosie	Radford
1115-1200	Lower Body MAX	NOFFS ZONE	1115-1200	Upper Body MAX	NOFFS ZONE
1115	NOFFS Functional Fitness	Portside	1115-1200	Zumba	Radford
1200	Core/Cardio	Portside	1115	Tread N Shed	Portside
1630	Tread N Shed	Portside	1200	Core/Cardio	Portside
1630-1800	Lap Swim	Indoor Pool	1630-1730	Spin - Layla	Radford
1645-1745	Skill Proficiency	Indoor Pool	1630-1800	Lap Swim	Indoor Pool
1645-1745	Water Polo	Indoor Pool	1700-1800	Masters	Indoor Pool
1700-1800	Masters	Indoor Pool	1800	Aqua Zumba - Bridgette	Indoor Pool
1730	Core/Cardio	Portside	1800-1845	Yin Yoga - Lela	Radford
1800	Aqua Zumba - Bridgette	Indoor Pool	1900-2100	Rec/Lite Lap	Indoor Pool
1800-1845	Yoga - Dana	Radford			

WEDNESDAY			THURSDAY		
0515-0600	Sunrise Spin - Layla	Radford	0915-1000	Interval Combo - Rosie	Radford
0915-1000	30/30 - Rosie	Radford	1115	Tread N Shed	Portside
1015-1100	Yoga - Mimi	Radford	1115-1200	Full Body S.A.C.	NOFFS ZONE
1115-1200	Chaos Spin - Keri	Radford	1200	Core/Cardio	Portside
1115	NOFFS Functional Fitness	Portside	1630-1730	Spin - Layla	Radford
1200	Core/Cardio	Portside	1630-1800	Lap Swim	Indoor Pool
1630	Tread N Shed	Portside	1630	Tread N Shed	Portside
1730	Core/Cardio	Portside	1645-1745	Skill Proficiency	Indoor Pool
			1645-1745	Water Polo	Indoor Pool
			1700-1800	Masters	Indoor Pool
			1730	Core/Cardio	Portside
			1800	Aqua Zumba - Bridgette	Indoor Pool
			1900-2100	Rec/Lite Lap	Indoor Pool

FRIDAY			SATURDAY		
0915-1015	Spin - Andi	Radford	0900-1000	Zumba - Bridgette	Radford
1115	Fast Friday	Portside	1200-1700	Rec/Lite Lap	Indoor Pool
1115-1200	Pre/Post Natal Yoga - Maggie	Radford			
1630-1800	Lap Swim	Indoor Pool			
1700-1800	Masters	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: 0500-1900
 Weekends & Holidays: 0800-1800

AQUATICS - 850.452.9429

SUNDAY		
1200-1700	Rec/Lite Lap	Indoor Pool

RADFORD FITNESS CENTER
Leprechaun Fun Run 1.5 MILES
MAR 17th
@ 0800



MR FITNESS
Sea Wall
(PRT Course)

FOR MORE INFORMATION CONTACT
 RADFORD FITNESS CENTER AT 850-452-9845.

CORRY GROUP FITNESS SCHEDULE MARCH 2020

MONDAY			WEDNESDAY		
900	Spinning - Lisa	Wellness	900	Spinning - Bob	Wellness
900	Spin	Family Fitness	900	Burn Out	Family Fitness
1100-1300	Strength Training - Tim	Wellness	1100-1300	Strength Training - Tim	Wellness
1115	Spinning - Lisa	Wellness	1115	Spinning - Lisa	Wellness
1215	Step Out - Amy	Wellness	1215	Step Out - Amy	Wellness
1400-1700	Strength Training - Tim	Wellness	1400-1700	Strength Training - Tim	Wellness
1630	Insane Abs - Chris	Wenzel	1630	Insane Abs - Chris	Wenzel
1630	Spinning - Lena	Wellness	1630	Spinning - Lena	Wellness
1645	HIIT	Family Fitness	1630	Toddlercise/Kids Lift	Family Fitness
TUESDAY			THURSDAY		
600	Spinning - Bob	Wellness	600	Spinning - Bob	Wellness
900	Yoga	Family Fitness	900	Toddlercise/MN 101	Family Fitness
1000	Veterans Tai Chi	Family Fitness	945	Boxing	Family Fitness
1100-1300	Strength Training - Tim	Wellness	1100-1300	Strength Training - Tim	Wellness
1400-1700	Strength Training - Tim	Wellness	1400-1700	Strength Training - Tim	Wellness
1630	Tuff Turf Circuit- Chris	Wenzel	1630	Beast Fit Bootcamp - Chris	Wenzel
FRIDAY					
900-1200	Strength Training - Tim	Wellness	900-1200	Strength Training - Tim	Wellness
900	Spinning - Bob	Wellness	900	Spinning - Bob	Wellness
1000	Veterans Tai Chi	Family Fitness	1000	Veterans Tai Chi	Family Fitness
1300-1600	Strength Training - Tim	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 - Fri: 0800-1800

Sat & Sun & Holidays: Closed

AQUATICS - 850.452.6317

Call for hours of operation

Corry Station Pool Bldg. 3735



DO IT FOR KOBÉ

REMEMBRANCE EVENT

BASKETBALL

SKILLS WORKOUT & CIRCUIT TRAINING

- 🏀 24 MINUTES
- 🏀 8 STATIONS
- 🏀 8 ROUNDS OF BASKETBALL DRILLS & WORKOUTS

MARCH 2ND @ 4:30 PM

MARCH 8TH @ 10:30 AM

WENZEL FITNESS CENTER



FOR MORE INFORMATION CONTACT
WENZEL FITNESS CENTER 850-452-6198.

MARCH 2020 GROUP FITNESS DESCRIPTIONS

30/30 - This class brings you 30 minutes of weight training and 30 minutes of cardio. Get the total body workout.

Anything Goes: Robin's choice!!

Balance 30: Multi-Component training addressing decreased balance.

Beast Fit 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.

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

Core/Cardio Conditioning - Challenging intervals for core and cardiovascular conditioning.

Elites: Class design for active aging utilizing resistance bands, balance training and coordination.

Elites Strength Training: Taking the Elites through resistance bands, balance training and coordination.

Fast Fridays: 20 minute total body high intensity circuit class.

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

Muscle Conditioning: A head to toe weight lifting using all variety of equipment.

NOFFS Functional Fitness: Strength and conditioning workout utilizing functional movements and cardiovascular conditioning. Learn how to correctly and safely use kettlebells, sandbags, TRX and med balls.

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

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

Skill-Pro: Designed for active duty service members that allows us to work with them on basic stroke technique.

The skills that we work on are freestyle, breaststroke, sidestroke, and elementary backstroke.

Spin: Climb and sprint your way towards increasing endurance, increase your energy, burn major calories and jump-start your metabolism.

Step Circuit: 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.

Super Glutes: Blast your glutes with methods that ignite the metabolic process.

TBC – Total Body Conditioning, body weight/bands/dumbbells with a mixture of cardio.

Tread N Shed - Interval class incorporating running intervals with strength and core endurance to improve your PRT scores.

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.

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.

Zumba: Combines a motivating fusion of Latin and international music, moves and dynamic combinations.

