

Corry Group Fitness Schedule April 2025

Monday			Tuesday		
0715 - 0745	Balance 30	Zen Room	0800 - 0845	Barre	Family Fit A
0800 - 0845	Pillar 360	Family Fit A	0915 - 1000	Cardio Blast	Family Fit A
0915 - 1000	Leg Sculpt	Family Fit A	1015 - 1100	Tai Chi	Family Fit A
1600 - 1645	Zumba	Family Fit A	1100 - 1200	Strength Training	Family Fit B
0630 - 0700	Morning Kick Start	Wenzel	1600 - 1700	Strength Training	Family Fit B
1700 - 1730	Insane Abs	Wenzel	1600 - 1645	Spin	Family Fit A
			0630 - 0730	NOFFS Bootcamp	Wenzel
			1700 - 1800	Get in the Zone	Wenzel
Wednesday			Thursday		
0800 - 0845	All In	Family Fit A	0915 - 1000	HIIT Bootcamp	Family Fit A
0915 - 1000	Spin	Family Fit A	1030 - 1115	Zumba	Family Fit A
1030 - 1130	Toddlercize	Family Fit A	1600 - 1645	Spin	Family Fit A
1100 - 1130	Balance 30	Zen Room	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	<p>Wenzel Fitness Center 850-452-6198 Bldg. 3711</p> <p>24/7 Access</p> <p>See front desk for more details.</p>		
1600 - 1700	Zumba	Family Fit A			
0630 - 0700	Morning Kick Start	Wenzel			
1700 - 1730	Cardio Blast	Wenzel			
Friday					
0615 - 0700	Flex Friday	Wenzel			
0915 - 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			

Aquatics
 850-452-6317
 Bldg. 3735

Aquatics schedule can be found at

Family Fitness Center
 850-452-6004 or 850-452-6802
 Bldg. 3712

Monday - Friday:
 0600 - 1900

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 our App



MWR PENSACOLA

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 US



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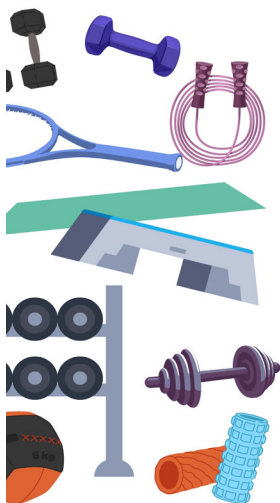


NASP Group Fitness Schedule April 2025

Monday			Tuesday		
0915 - 1000	BUFF	Radford	0915 - 1000	Yoga	Radford
1615 - 1700	Spin	Radford	1615 - 1715	Yoga	Radford
Wednesday			0900	Elites	Portside
0915 - 1000	Zumba	Radford	Thursday		
1130 - 1215	Yoga	Radford	0915 - 1000	Chaos Spin	Radford
1615 - 1700	Spin	Radford	1715 - 1800	Zumba	Radford
0900	Cardio Core	Portside	0900	Elites	Portside
Friday			<p>Radford Fitness Center 850-452-9845 Bldg. 4143</p> <p>24/7 Access See front desk for details.</p>		
0915 - 1015	3R Yoga	Radford			
Saturday					
0800 - 0900	Yoga	Radford			
0915 - 1000	Zumba	Radford			
1015 - 1100	Spin	Radford	<p>Portside Fitness Center 850-452-7810 Bldg. 606</p> <p>24/7 Access See front desk for details.</p> <p><u>Active Duty E4 & below ONLY</u> Mon - Fri: 1430 - 2000</p>		

Indoor Pool
850-452-9429
Bldg. 3828

Aquatics schedule can be found
at
MWR Pensacola facebook.



I SPY
EVERY MONDAY IN APRIL
**RADFORD
FITNESS CENTER**

See the I SPY flyer at the front desk with a number that correlates to a piece of equipment in the facility. Find matching number, scan the QR code for workout.
Receive prize for doing the workout!



**YOUR OPINION
MATTERS**

QR CODES FOR: NAS PENSACOLA, CORRY STATION