



# At Ease

Serving NAS Pensacola & NASP Corry Station

**Contact Us:**

MWR General Information  
 (850) 452-3806  
 450 Radford Blvd  
 Bldg. 4143  
 Monday - Friday  
 7:30am - 4pm

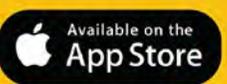
CLICK HERE TO TAKE OUR SHORT SURVEY

WE WANT YOUR FEEDBACK

www.navymwrpensacola.com

Like Us On Facebook  
 "MWR Pensacola"

DOWNLOAD our app:  
 "Navy MWR Pensacola"




**GARY SINISE & THE LT. DAN BAND**  
 HONOR. GRATITUDE. ROCK & ROLL.

**FREE CONCERT**  
 MORE INFO CALL 850.452.3806

**SAVE THE DATE ★ SAT. FEB. 23RD**  
**NAS PENSACOLA**

FOLLOW US FOR UP TO DATE INFO  
 f MWRPENSACOLA OR WWW.NAVYMWRPENSACOLA.COM

SPONSORSHIP OF THIS EVENT DOES NOT IMPLY ENDORSEMENT BY THE FEDERAL GOVERNMENT OF PRODUCTS OR SERVICES



**MWR COMMUNITY RECREATION**

**CORRY Market**  
 MWR Outdoor Flea Market AND Craft Fair

**SHOP LOCAL!** **SALE!**

**Sunday, March 10th**  
**Noon - 4pm** (Rain Date: March 31)

**OPEN TO THE PUBLIC TO BUY AND SELL**

**RESERVE YOUR SPACE TODAY!**

	ACTIVE DUTY	ALL OTHERS
18 ft x 16 ft Area:	\$25	\$30
18 ft x 24 ft Area:	\$35	\$40

(Table rental available \$8 @)

MWR Sports Complex Hwy 98  
 NASP Corry Station

Register at:  
 MWR Tickets & Travel  
 5610 West Hwy 98 Bldg. 3787  
 Pensacola, FL 32507  
 850-452-6354  
(Registration form available online)

www.NAVYMWRPENSACOLA.COM

# 9 PIN NO TAP TOURNAMENT

February 15  
5 PM Check In  
5:30 PM Start

\$6 for Lineage  
\$2 for Prize Fund  
(Prize Fund 1 in 5)

Reserve your spot today!  
Call Corry Bowling Center at 850-452-6380.



## Take Advantage of

Named as one of the top Military Friendly® schools, Columbia Southern University offers flexible online degree programs and affordable tuition rates to its military students. Taught by some of the industry's most distinguished professionals, all of CSU's programs are designed to be taken at your own pace on your own time.

Our commitment to supporting active-duty students and their families includes:

Textbooks Provided at no Cost	Tuition Rates Below DoD Cap
Tuition Assistance	GI Bill® Transferability
DANTES	Credit for Military Training
Dedicated Military Support Sta	Scholarships for Spouses & Children



ColumbiaSouthern.edu/Military » 877.347.6050

GI Bill® is a registered trademark of the U.S. Department of Veterans Affairs (VA).

More information about education benefits offered by VA is available at the official U.S. government website at [www.benefits.va.gov/giill](http://www.benefits.va.gov/giill).

\*Funding by federal endorsement of advertiser(s) provided.

# GOT GAME?

## RFC CLASSIC 3 ON 3 BASKETBALL

Prizes for **1<sup>ST</sup>** **2<sup>ND</sup>** & **3<sup>RD</sup>**

**FINAL DAY OF REGISTRATION IS MARCH 11**

**TOURNAMENT BEGINS MARCH 18**

**GAMES BEGIN AT 1700**



For more information call 850-452-9845 or sign up at the Radford Fitness Center Front Desk

WWW.NAVYMWRPENSACOLA.COM

Do you need someone to proofread your resume?  
Need help learning how to use email?  
Need help learning how to use social media?



**Every Thursday by appointment ONLY.**

The Library staff member will give you undivided attention to patrons who need help with topics like downloading e-books, searching the internet, computer basics, help with a smart phone, & more!



For more information call 850.452.4362  
or visit the NASP Library in Bldg. 634

# GEICO<sup>®</sup> MILITARY

Proudly serving the  
**Military since 1936.**

[Start Quote](#)

[https://www.geico.com/landingpage/go437/?utm\\_source=refuel&utm\\_medium=banner&utm\\_campaign=sitedirect](https://www.geico.com/landingpage/go437/?utm_source=refuel&utm_medium=banner&utm_campaign=sitedirect)

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



# HOMESCHOOL Scholar Program

*Together we can build strong confident kids*

## EVERY MONDAY!

**Now - April 29th**

### P. E. CLASSES

**Family Fitness Center  
Corry Station**

*Teaching Fitness, Nutrition, Mind, Body & Regeneration  
for children of eligible MWR Homeschool families*

**9-10 AM • AGES 6-10**

**10-11 AM • AGES 10-15**



850-452-6004

MWR PENSACOLA

[www.NAVYMWRPENSACOLA.COM](http://www.NAVYMWRPENSACOLA.COM)

# BAYOU GRANDE MARINA

Bldg. 3244

452-4152



## Full Moon Float

February 19 ~ 1700 - 2000

FREE drinks, hotdogs, s'mores!!!

*Come paddle after dark....*

Underwater lights ~ safety gear provided

Kayaks, Tandem Kayaks  
& Paddle boards

\*Life jackets must be worn

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

PORTSIDE TWIN  
*Cinema*  
NAVAL AIR STATION PENSACOLA

Box Office Open Tuesday - Sunday ☎ 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:

Mary Poppins Returns

Aquaman ♦ Second Act

Welcome to Marwen

Bumblebee ♦ Holmes and Watson

Vice ♦ A Dog's Way Home

Replicas ♦ Glass

The Kid Who Would Be King

### Eligible Patrons

Military, DoD, Contractors & Dependents



CAPTAIN'S  
CUP  
SPORTS



## 5K RUN

February 14, 2019 @ 1530

2-Player  
Teams



PORTSIDE FITNESS CENTER  
BLDG. 606

Deadline to enter: February 8, 2019 at 1600

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

For More Information, contact your Command Sports Rep-  
resentative or call the NASP Corry Station Sports Office:

850-452-6520



CAPTAIN'S  
CUP  
SPORTS



## BOWLING

February 5, 2019

3-Player  
Teams



Corry Bowling Center

(Games will be played every Tuesday for 8 weeks  
with two game times available 1500 or 1700)

Deadline to enter: January 30, 2019 at 1600

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

For More Information, contact your Command Sports Rep-  
resentative or call the NAS Pensacola Sports Office:

850-452-4391/4392



**CAPTAIN'S  
CUP  
SPORTS**



NASP  
CORRY STATION

# BOWLING

February 11, 2019

3-Player  
Teams



**Corry Bowling Center**

(Games will be played every Tuesday for 8 weeks with two game times available 1100 or 1600)

**Deadline to enter: February 1, 2019 at 1600**

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 Corry Station Sports Office:

850-452-6520



**NAS PENSACOLA  
CAPTAIN'S CUP**



# 5K RUN

February 14, 2019 @ 1530

4-Player  
Teams



**PORTSIDE FITNESS CENTER  
BLDG. 606**

**Deadline to enter: February 1, 2019 at 1600**

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

*Start signing up now  
at Corry Youth Center!*

**\$50 per junior  
for all eligible  
MWR patrons**



## 2019 FIRST TEE PROGRAM

**New enrollees Ages 5 - 8**  
will be in the Target Level

**Ages 9 - 11**  
will be in the PLAYer Level

*No classes on March 26 and 27 due to Spring Break*

## SPRING CLASS SCHEDULE

### TARGET CLASS ①

Tuesdays (1 hour)

March 5 - May 7

1530 - 1630

### PLAYer/PAR CLASS

Wednesdays (1 hour 30 min)

March 13 - May 15

1700 - 1830

### TARGET CLASS ②

Wednesdays (1 hour)

March 6 - May 8

1530 - 1630



*A.C. Read Junior program will be offering a travel team in the Spring as well.*

Sign up at Corry Station Youth Center

For more info call Josh Meador at A.C. Read 452-2454



**ALL AMERICAN FOOD®**



**COD \$7**

**NEW LARGER SHRIMP**



**SHRIMP \$8**

**COD OR SHRIMP**

**Pub-Style Baskets**





**BACKPACKING 101 OVERNIGHT  
SKILLS COURSE**

**FEB 9<sup>TH</sup> & 23<sup>RD</sup> MARCH 2<sup>ND</sup> & 16<sup>TH</sup> MAY 11<sup>TH</sup>**

**ONLY \$35  
GEAR INCLUDED**



**BLUE ANGEL PARK**  
**CALL 850.281.5489**

**SIGN UP AT BLUE ANGEL PARK, 2100 BRONSON ROAD AT THE OUTPOST MARINA**



**BACKPACKING  
OVERNIGHT TRIP**

**MAY 25<sup>TH</sup> -27<sup>TH</sup> DESOTO STATE PARK**

**ONLY \$60**  
**FORT PAYNE, AL**  
**CALL 850.281.5489**



[WWW.NAVYMWRPENSACOLA.COM](http://WWW.NAVYMWRPENSACOLA.COM)



# OPERATION HEART 5K

**FEBRUARY 14 @ 1530**  
GYM-TO-GYM RUN  
START AT PORTSIDE

*NO PRE-REG REQUIRED*  
OPEN TO MWR ELIGIBLE PATRONS

**AWARDS FOR**  
MALE, FEMALE, & KIDS DIVISIONS

**1<sup>ST</sup> 2<sup>ND</sup> & 3<sup>RD</sup>**

For more information call 452-7810.



*History Walk  
thru Corry Station*



**March 14 • 8:30 am - 10 am**

*Rain date is March 21*

Join us for a 1.5 hour walk and discussion of the evolution of Corry Station from Air Field to Race Way to Center of Information Dominance.

*Dress according to temperature, wear comfortable shoes and bring a water bottle. Snacks provided at the conclusion of the walk.*

For more info call 452-6802 or 525-5950



# CORRY BOWLING CENTER

**ON CORRY STATION  
BLDG. 3738**

**452-6380**

# GOSMIC BOWLING



# NAS PENSACOLA LIBRARY

250 CHAMBERS AVE - BLDG 634

**SUNDAY**

**1400-1900**

**MONDAY - FRIDAY**

**0900-1700**

**SATURDAY**

**1200-1700**

CALL 452-3194  
FOR MORE INFO



# FAMILY FITNESS FAMILY DAY



850-452-6004

 MWR PENSACOLA

*Making fitness work as a family unit*

**Family Fitness Center  
Corry Station**

Educating families about  
Fitness & Nutrition  
through family fun,  
activities, lectures &  
educational programming

**1st -AND- 3rd\***  
**SATURDAYS**

STARTING NOVEMBER 17TH

**9am - Noon**

\*AS PARTICIPATION LASTS



WWW.NAVY **MWR** PENSACOLA.COM

# POOL

## HOURS FOR FEBRUARY

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

### Indoor Pool Bldg. 3828

**LAP SWIM:**  
Mon., Tues., Thurs., & Fri.  
1630-1800

**REC/LITE LAP:**  
Mon - Fri. 1900-2100 *Closed on Wed.*  
Sat & Sun 1200 - 1700

**PNY Swim Team - Varsity**  
Mon., Tues., Thurs., & Fri.  
1700-1900

**PNY Swim Team**  
Mon., Tues., Thurs., & Fri.  
1800-1900

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

**SKILL PROFICIENCY**  
Mon. & Thurs. 1645-1745

**GUPPIES & GOSLINGS** Feb 5 - Mar 1  
Tues. - Fri. 1700-1745 - Age 4-6 Guppies  
Tues. - Fri. 1800-1850 - School Age Goslings

**GROUP SWIM LESSONS** Feb 5 - Mar 1  
Tues. & Fri. 1645-1715 - Beginner  
Tues. & Fri. 1720-1750 - Intermediate

**AQUA AEROBICS**  
Mon. & Thurs. 1800-1845

**FIN SWIM**  
Fri. 1900-2000

**1 ON 1**  
Classes available 6 days week  
We teach all skill levels. Call the office  
for specifics. \$15 for a 30 minute class.



For more info call 452.9429 or 452-8293  
or go to [www.navyMWRpensacola.com](http://www.navyMWRpensacola.com)



JOIN THE TEAM!



# Pensacola Navy Youth Swim Team



**Military & Civilian  
ALL WELCOME!**

Practices on  
**Monday, Tuesday, Thursday, & Friday**

**1800 - 1900**

Indoor Pool, Bldg. 3828

For more information & pricing call: 452-9429



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)*

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.

#### FEBRUARY COURSE:

- Pretest Date: Feb 8 @ 5:30pm
- Class Dates: Feb 8-9-10-15-16-17  
5:30pm - 9pm

#### MARCH COURSE:

- Pretest Date: Mar 8 @ 5:30pm
- Class Dates: Mar 8-9-10-15-16-17  
5:30pm - 9pm

#### APRIL COURSE:

- Pretest Date: Apr 12 @ 5:30pm
- Class Dates: Apr 12-13-14-18-20-21  
5:30pm - 9pm

#### MAY COURSE:

- Pretest Date: May 10 @ 5:30pm
- Class Dates: May 10-11-12-16-17-19  
5:30pm - 9pm

**NAS Pensacola  
MWR AQUATICS OFFICE:**  
850-452-9429  
[nasplgstaff@yahoo.com](mailto:nasplgstaff@yahoo.com)



# SPLASH-N-DASH

**FEB 17<sup>TH</sup> INDOOR POOL 10AM**

**AGES 5 & UP!**

**4 AGE GROUPS — 4 DIFFERENT DISTANCES**

**TAKE A DIP THEN A  
QUICK RUN TO  
THE FINISH LINE!**



HOT CHOCOLATE, HOT APPLE CIDER,  
& CANDY CANES FOR PARTICIPANTS





# SWIM WITH HEART

## FEBRUARY 14TH

Get your time in during Pool Hours!

40 MINUTES of Swimming or Cardio is **GOOD** for the **HEART**



Call 452-9429 for more information on Aquatic Programs & Pool Hours



## CORRY RECREATION CENTER

# CORRY GRILL

Serving a variety of burgers, sandwiches, salads & appetizers!

**NOW SERVING BREAKFAST**  
Purchase 1 bagel at regular price  
Get the 2nd bagel at half price



**FEB 9 NATIONAL BAGEL DAY**

MONDAY - FRIDAY 0530 - 1030    SATURDAY & SUNDAY 0830 - 1100

Located inside the Bowling Center on Corry Station 452-6380

# LIFEGUARD

## Review Course

Class for ARC Lifeguard Certified Individuals with expiring certification.

**\$120 Due First Class**

**Classes at 1730 - 2100**

**FEBRUARY 22, 23, & 24**

**MARCH 22, 23, & 24**



More info call 452-9429



Wenzel Fitness Center

## New Year's Resolution Fitness

Now until February 27 at 5PM  
(Mondays & Wednesdays)

Improve or maintain your current fitness level!



Class will focus on

- Total Body Strength
- Tone
- Core
- Cardiovascular Conditioning

For more information call 452-6198



## AUTORAMA RESALE LOT

NEX Mall Hwy. 98 ♦ 452-6542

**Sell your vehicle fast!**



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

## 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	<b>RENTAL INFORMATION</b>
25' PONTOON BOAT: \$30 / \$75 / \$150	
17' BOSTON WHALER SKIFF: \$15 / \$40	
17' CAPE HORN: \$30 / \$75 / \$150	
21' EDGE WATERS: \$35 / \$90 / \$150	<b>HOURLY - 1 HR</b>
	<b>HALF DAY - 3 HRS</b>
	<b>FULL DAY - 6 HRS</b>

**Fuel Dock 6:00 am - 5:30 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**  
**Intermediate Skipper B**

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 SCOT: \$9.00 HR. / \$45.00 DAY
- 22' CATALINA: \$19.00 HR. / \$100.00 DAY
- CANOE AND KAYAKS: \$6.00 HR. / \$30.00 DAY
- PADDLEBOARDS: \$6.00 HR. / \$30.00 DAY



## AUTO SKILLS CENTER

NASP Corry Station, Bldg. 1006 ♦ 452-6542

**Do vehicle repairs yourself!**

- ★ 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

## Blue Angel PARK

### Danger Zone PAINTBALL



#### Danger Zone Paintball

"Woods-Ball" facility with approximately 35 acres of wooded area for play. There are four separate fields including two "Party Fields" which are available for reservation.

#### Danger Zone Paintball Hours:

Saturday and Sunday 9AM - 3PM  
 Monday and Friday PRIVATE PARTIES ONLY by reservation

A Military or DoD ID card is required to rent equipment. Members of the public may use the field but must provide their own marker and safety equipment or have a Military or DoD sponsor to rent equipment. No outside paint is permitted. Paintballs and other retail items are available to everyone for purchase.



2100 Bronson Road ♦ 850-281-5489

## NASP GROUP FITNESS SCHEDULE FEBRUARY 2019

MONDAY			TUESDAY		
0900-1000	Circuit - Robin	Radford	0915-1000	Pilates - Keri	Radford
1015-1100	Pilates - Keri	Radford	900	Elites	Portside
1115-1200	Yoga - Myah	Radford	1015-1100	Zumba - Veronica	Radford
1115-1200	S.A.C. - Ann	Radford	1115-1200	AMP'ed - Veronica	Radford
1115	NOFFS Functional Fitness	Portside	1115	NOFFS ZONE	Radford
1630	Zumba - Veronica	Radford	1115	Tuff Turf - Hayley	Portside
1630	NOFFS Functional Fitness	Portside	1630	Tuff Turf - Hayley	Portside
1630-1800	Lap Swim	Indoor Pool	1630-1800	Lap Swim	Indoor Pool
1645-1745	Skills Pro	Indoor Pool	1630	MixedFit - Myah	Radford
1645-1745	Water Polo	Indoor Pool	1700-1800	Master's Swim	Indoor Pool
1700-1800	Master's Swim	Indoor Pool	1800-1845	Yin Yoga - Lela	Radford
1730	REGEN.	Portside	THURSDAY		
1800-1845	Aqua Aerobics	Indoor Pool	0915-1000	AM Knockout - Alicia	Radford
1800-1845	Yoga - Dana	Radford	930	Elites Strength Training	Portside
WEDNESDAY			1015-1100	MixedFit - Myah	Radford
0915-1000	Spin - Andi	Radford	1115-1200	Super Glutes - Veronica	Radford
1015-1100	Yoga - Myah	Radford	1115-1230	NOFFS ZONE	Radford
1115 - 1200	Chaos Spin - Keri	Radford	1115	Tuff Turf - Hayley	Portside
1115	NOFFS ZONE	Radford	1630	AMP'ed - Veronica	Radford
1115	NOFFS Functional Fitness	Portside	1630	Tuff Turf - Hayley	Portside
1630	Circuit - Robin	Radford	1630-1800	Lap Swim	Indoor Pool
1630	NOFFS Functional Fitness	Portside	1645-1745	Skills Pro	Indoor Pool
FRIDAY			1645-1745	Water Polo	Indoor Pool
0915-1015	Spin - Andi	Radford	1700-1800	Master's Swim	Indoor Pool
1115-1230	NOFFS ZONE	Radford	1730	REGEN.	Portside
1115 - 1200	PUMP - Alicia	Radford	1800-1845	Aqua Aerobics	Indoor Pool
1630-1800	Lap Swim	Indoor Pool	SATURDAY		
1630	Fast Fridays	Portside	0900-1000	Zumba - Veronica	Radford
1700-1800	Master's Swim	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

Mustin Pool Bldg. 3201

850.452.8293



**Feb 17 1000 at the Indoor Pool**

# GOT GAME?

## RFC CLASSIC

FINAL DAY OF REGISTRATION IS MARCH 11  
TOURNAMENT BEGINS MARCH 18  
GAMES BEGIN AT 1700

### 3 ON 3 BASKETBALL

Prizes for 1<sup>ST</sup> 2<sup>ND</sup> & 3<sup>RD</sup>

## CORRY GROUP FITNESS SCHEDULE FEBRUARY 2019

MONDAY			WEDNESDAY		
600	New Year's Resolution - Leon	Wenzel	600	New Year's Resolution - Leon	Wenzel
730	Balance 30 - Lu	Wellness	900	Spinning - Bob	Wellness
900	Spinning - Bob	Wellness	900	Dynamic Flexibility	Family Fitness
900	Home School Scholar	Family Fitness	1000	Burn Out	Family Fitness
915-945	Balance 30 - Lu	Wellness	1100-1300	Strength Training - Tim	Wellness
1000	Spin Crazy/Story Time	Family Fitness	1115	Spinning - OT	Wellness
1100-1300	Strength Training - Tim	Wellness	1130	Cardio & Ab Sculpt-Leon	Wenzel
1115	Spinning - Lisa	Wellness	1230	Step Out - Lisa	Wellness
1130	Cardio & Ab Sculpt-Leon	Wenzel	1400-1700	Strength Training - Tim	Wellness
1230-100	Step Out - Lisa	Wellness	1530	All In - OT	Wellness
1400-1700	Strength Training - Tim	Wellness	1630	Insane Abs - Chris	Wenzel
1530	All In - OT	Wellness	1630	Spinning - Lena	Wellness
1630	Insane Abs - Chris	Wenzel	1630	Toddlercize/Kids Lift	Family Fitness
1630	Spinning - Lena	Wellness	1700	New Year's Resolution	Wenzel
1645	HIIT	Family Fitness	THURSDAY		
1700	New Year's Resolution	Wenzel	600	Spinning - OT	Wellness
TUESDAY			900	Toddlercize/MN 101	Family Fitness
600	Spinning - Bob	Wellness	945	Boxing	Family Fitness
900	Family Yoga - Vina	Family Fitness	1100-1300	Strength Training - Tim	Wellness
1000	Veterans Tai Chi	Family Fitness	1230	Step Out - Lisa	Wellness
1100-1300	Strength Training - Tim	Wellness	1400-1700	Strength Training - Tim	Wellness
1130	Relaxercise	Family Fitness	1630	Tuff Turf Circuit - Chris	Wenzel
1400-1700	Strength Training - Tim	Wellness	1645	Strength & Core	Family Fitness
1630	Tuff Turf Circuit- Chris	Wenzel	FRIDAY		
1645	Revitalize	Family Fitness	900-1200	Strength Training - Tim	Wellness
900-1200	<b>WENZEL - 850.452.6198</b> Corry Station Bldg. 3711 Mon: 0500-2000, Tues-Thurs: 0100-2000 Fri: 0100-1800 Weekends & Holidays: 0800-1800 <b>WELLNESS - 850.452.6802</b> Corry Station Bldg. 3712 Mon - Thurs: 0500-1800, Fri: 0500-1600 Weekends & Holidays: Closed <b>FAMILY FITNESS - 850.452.6004</b> Corry Station Bldg. 3712 Mon - Fri: 0800-1800 Sat, Sun & Holidays: Closed <b>AQUATICS - 850.452.6317</b> Call for hours of operation Corry Station Pool Bldg. 3735		900	5/55	Family Fitness
900			Spinning - Bob	Wellness	
915-945			Balance 30 - Lu	Wellness	
1000			Veterans Tai Chi	Family Fitness	
1300			Toddler Story Time	Family Fitness	
1300-1600			Strength Training - Tim	Wellness	



**Monday & Wednesday until Feb 27**  
**5pm at Wenzel Gym**

*Class will focus on toning, total body strength,  
 core and cardiovascular conditioning.*

# FEBRUARY 2019 GROUP FITNESS DESCRIPTIONS

**AM Knockout:** This is a group fitness class that combines Boxing, Kickboxing, and Muay Thai techniques with bodyweight moves. This high-energy workout is broken into 3 minute rounds. Build stamina, improve coordination and flexibility all while building lean muscle with this fun and challenging workout. Throughout this workout you'll find a variety of movements such as jabs, hooks, uppercuts, kicks and so much more.

**AMP'ed:** This non-equipment based class is the perfect combination of functional strength and evolved training that will amp up your workout.

**All In:** total body strength/endurance workout.

**Balance 30:** Multi-Component training addressing decreased balance.

**Boxing:** Simply – Box with added cardio intervals.

**Cardio & Ab Sculpt:** Cardiovascular conditioning and core development.

**Circuit:** Powerful step exercises and dynamic lateral movements are used to improve cardio and endurance fitness.

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

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

**Elites Strength Training:** Taking our Elite through the how to's of the Hammer Strength equipment.

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

**HIIT/Power Hour:** High Intensity Interval Training – interval training to push you to the max of your fitness abilities.

**Just LIFT/PUMP:** For those wanting to lift weights but need to know the where to start – back to the basics!

**MixedFit:** People-inspired dance fitness program that is a perfect blend of explosive dancing and boot camp inspired toning!

**NOFFS ZONE:** 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.

**Regen:** Improve performance by increasing your flexibility and mobility with foam rollers and straps.

**Relaxercise:** Improve performance by increasing your flexibility and mobility with foam rollers.

**Revitalize:** Meditative breathing techniques to reduce stress and restore inner balance.

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

**Super Glutes:** Blast your glutes with methods that ignite the metabolic process and harness a sweat producing full body workout.

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

**Step Out:** 30 min total body cardio and strength workout using the step bench and weights.

**Strength & Core:** Blast your core and glutes with methods that ignite the metabolic process and harness a sweat producing full body workout.

**Strength Training:** A comprehensive full body workout that develops general overall fitness through muscular strength and endurance training.

**Toddlercize/Kids Lift:** 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.

**Tuff Turf:** Challenging total body and cardio circuit training class utilizing battle ropes, kettlebells, medicine balls and much more.

**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.

