

Corry Group Fitness Schedule May 2024

Monday

0715 - 0745	Balance 30	Family Fit B
0815 - 0900	Core	Family Fit A
0900 - 0945	Leg Sculpt	Family Fit A
1600 - 1645	Zumba	Family Fit A
0630 - 0700	Morning Kick Start	Wenzel
1700 - 1730	Insane Abs	Wenzel

Tuesday

0800 - 0845	Stroller Fitness	Family Fit A
1015 - 1100	Tai Chi	Family Fit A
1100 - 1200	Strength Training	Family Fit B
1600 - 1700	Strength Training	Family Fit B
1600 - 1700	Spin	Family Fit A
0630 - 0730	NOFFS Bootcamp	Wenzel
1700 - 1800	Get in the Zone	Wenzel

Wednesday

0815 - 0900	All In	Family Fit A
0900 - 0945	Spin	Family Fit A
1000 - 1030	Toddlercize	Family Fit A
1100 - 1200	Strength Training	Family Fit B
1600 - 1700	Strength Training	Family Fit B
0630 - 0700	Morning Kick Start	Wenzel
1700 - 1730	Cardio Blast	Wenzel

Thursday

0900 - 1030	Anything Goes	Family Fit A
1600 - 1700	Spin	Family Fit A
0630 - 0730	NOFFS Bootcamp	Wenzel
1700 - 1730	Get in the Zone	Wenzel

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

Aquatics

850-452-6371

Corry Station Bldg. 3735

Corry Pool

CLOSED!!!!

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RIDICULOUS RELAY

MAY 14 • 0700-1700

@ RADFORD

BASKETBALL COURT

- 2 PERSON TEAMS
- SIGN-UPS DAY OF EVENT
- PRIZES WILL BE AWARDED!



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MWR PENSACOLA

WWW.NAVYMWRPENSACOLA.COM

850-452-9845



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NASP Group Fitness Schedule May 2024

Monday			Tuesday		
0915 - 1000	Flow Yoga	Radford	0915 - 1000	Pilates	Radford
1015 - 1100	Zumba	Radford	1115 - 1200	Step Fusion	Radford
1115 - 1200	Cardio Chaos	Radford	0900	Elites	Portside
1615 - 1700	Spin	Radford	1600	Skills & Drills	Portside
Wednesday			Thursday		
0915 - 1000	Spin	Radford	0915 - 1015	Mindful Yoga	Radford
1615 - 1700	Spin	Radford	1115 - 1200	Chaos Spin	Radford
1100	Gentle Flow Yoga	Portside	0900	Elites	Portside
1600	Cardio Core	Portside	1600	Power Yoga	Portside
Friday			Radford Fitness Center 850-452-9845 NASP Bldg. 4143 Mon - Thurs: 0500 - 2000 Fri: 0500 - 1800 Sat: 0700 - 1700 Sun & Holidays: CLOSED		
0915 - 1000	Barre "less"	Radford			
1030 - 1130	3R Yoga	Radford			
Saturday					
0915 - 1000	Zumba	Radford			
1015 - 1100	Spin	Radford			

Indoor Pool Bldg. 3828

Closed until further notice!!

RIDICULOUS RELAY

MAY 14 • 0700-1700
@ RADFORD BASKETBALL COURT



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