

Corry Group Fitness Schedule August 2025

Monday

0800 - 0845	Pillar 360	Family Fit A
0915 - 1000	Leg Sculpt	Family Fit A
1030 - 1130	Toddlercize	Family Fit A
1100 - 1200	Strenght Training	Family Fit B
1600 - 1700	Strenght Training	Family Fit B
1600 - 1645	Zumba	Family Fit A
1700 - 1745	Gentle Flow Yoga	Family Fit A
0630 - 0700	Morning Kick Start	Wenzel
1700 - 1730	Insane Abs	Wenzel

Tuesday

0915 - 1000	Cardio Blast	Family Fit A
1015 - 1100	Tai Chi	Family Fit A
1100 - 1200	Strenght Training	Family Fit B
1600 - 1700	Strenght Training	Family Fit B
1600 - 1645	Spin	Family Fit A
0630 - 0730	NOFFS Bootcamp	Wenzel
1700 - 1800	Get in the Zone	Wenzel

Wednesday

0800 - 0845	All In	Family Fit A
0915 - 1000	Spin	Family Fit A
1030 - 1130	Toddlercize	Family Fit A
1100 - 1130	Balance 30	Zen Room
1100 - 1200	Strength Training	Family Fit B
1600 - 1700	Strength Training	Family Fit B
1600 - 1700	Zumba	Family Fit A
0630 - 0700	Morning Kick Start	Wenzel
1700 - 1730	Cardio Blast	Wenzel

Thursday

0915 - 1000	HIIT Bootcamp	Family Fit A
1030 - 1115	Zumba	Family Fit A
1600 - 1645	Spin	Family Fit A
0630 - 0730	NOFFS Bootcamp	Wenzel

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

Monday - Friday
0600 - 1900
Sat, Sun, & Holidays:
CLOSED

Friday

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
0615 - 0700	Flex Friday	Wenzel

Aquatics
850-452-6317
Bldg. 3735

Aquatics schedule
can be found at
MWR Pensacola Facebook

Wenzel Fitness Center
850-452-6198
Bldg. 3711

Staffed
Mon-Sun 0400-0000

24/7 Access

See front desk for more details



MWR PENSACOLA PENSACOLAMWR

WWW.NAVYMWRPENSACOLA.COM

NASP Group Fitness Schedule August 2025

Monday			Tuesday		
0915 - 1000	Flow Yoga	Radford	0915 - 1000	Barre	Radford
1115 - 1200	"Func" Fitness	Radford	1115 - 1200	Ultimate Core	Radford
1615 - 1700	Spin	Radford	1700 - 1800	Yoga	Radford
			900	Elites	Portside
Wednesday			Thursday		
0915 - 1000	Upper Body Sculpt	Radford	0915 - 1000	Lower Body Sculpt	Radford
1015 - 1100	Zumba	Radford	1115 - 1200	HIIT	Radford
1615 - 1700	Spin	Radford	900	Elites	Portside
1630	Cardio Core	Portside	Radford Fitness Center 850-452-9845 Bldg. 4143 STAFFED Mon-Fri 0500-2100 Sat & Sun 0800-1600 24/7 Access See front desk for details		
Friday					
0915 - 1000	Yin Yoga	Radford			
Saturday					
0915 - 1000	Zumba	Radford	Portside Fitness Center 850-452-7810 Bldg. 606 24/7 Access See front desk for details <u>Active Duty E4 & below ONLY</u> Mon - Fri: 1430 - 2000		
1015 - 1100	Spin	Radford			
Mustin Pool 850-452-9426 Aquatics schedule can be found at MWR Pensacola Facebook.					

Got a minute?
take the MWR

NAS PENSACOLA
ONLINE SURVEY

Scan here



www.NAVYMWRPENSACOLA.COM

MWR FITNESS

DOWNLOAD our App

FOLLOW US

MWR PENSACOLA PENSACOLAMWR