

# Corry Group Fitness Schedule October 2025

## Monday

|             |                    |              |
|-------------|--------------------|--------------|
| 0800 - 0845 | Pillar 360         | Family Fit A |
| 0900 - 1000 | Leg Sculpt         | Family Fit A |
| 1030 - 1130 | Toddlercize        | Family Fit A |
| 1100 - 1200 | Strength Training  | Family Fit B |
| 1600 - 1700 | Strength Training  | Family Fit B |
| 1600 - 1645 | Zumba              | Family Fit A |
| 0630 - 0700 | Morning Kick Start | Wenzel       |
| 1700 - 1730 | Insane Abs         | Wenzel       |

## Tuesday

|             |                   |              |
|-------------|-------------------|--------------|
| 0900 - 1000 | Cardio Blast      | 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 - 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 |
| 0900 - 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

|             |                |              |
|-------------|----------------|--------------|
| 0900 - 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

|             |                   |              |
|-------------|-------------------|--------------|
| 0900 - 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



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# NASP Group Fitness Schedule October 2025

| Monday                                                                                                             |                   |         | Tuesday                                                                                                                                                                                                                            |                   |         |
|--------------------------------------------------------------------------------------------------------------------|-------------------|---------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------|---------|
| 0915 - 1000                                                                                                        | Spin              | Radford | 0915 - 1000                                                                                                                                                                                                                        | Barre             | Radford |
| 1015 - 1100                                                                                                        | Flow Yoga         | Radford | 1015 - 1045                                                                                                                                                                                                                        | Ultimate Core     | Radford |
| 1115 - 1200                                                                                                        | "Func" Fitness    | Radford | 1700 - 1800                                                                                                                                                                                                                        | Slow Flow Yoga    | Radford |
| 1615 - 1700                                                                                                        | Spin              | Radford |                                                                                                                                                                                                                                    |                   |         |
| 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 | <div>Radford Fitness Center<br/>850-452-9845<br/>Bldg. 4143<br/><br/>STAFFED<br/>Mon-Fri 0500-2100<br/>Sat &amp; Sun 0800-1600<br/><br/>October 13 - No classes due to HOLIDAY!<br/><b>October 15 - Navy Bday 5k at 0800</b></div> |                   |         |
| Friday                                                                                                             |                   |         |                                                                                                                                                                                                                                    |                   |         |
| 0915 - 1000                                                                                                        | Spin              | Radford |                                                                                                                                                                                                                                    |                   |         |
| 1015 - 1100                                                                                                        | Yin Yoga          | Radford |                                                                                                                                                                                                                                    |                   |         |
| Saturday                                                                                                           |                   |         |                                                                                                                                                                                                                                    |                   |         |
| 0915 - 1000                                                                                                        | Zumba             | Radford |                                                                                                                                                                                                                                    |                   |         |
| 1015 - 1100                                                                                                        | Spin              | Radford |                                                                                                                                                                                                                                    |                   |         |
| <div>Mustin Pool<br/>850-452-9426<br/><br/>Aquatics schedule<br/>can be found at<br/>MWR Pensacola Facebook.</div> |                   |         | <div>Portside Fitness Center<br/>850-452-7810<br/>Bldg. 606<br/><br/>24/7 Access<br/>See front desk for details<br/><br/><u>Active Duty E4 &amp; below ONLY</u><br/>Mon - Fri: 1430 - 2000</div>                                   |                   |         |
|                                                                                                                    |                   |         |                                                                                                                                                                                                                                    |                   |         |

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**2025 NAVY BIRTHDAY 5K**

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**10/15/2025 • 0800**

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