

Corry Group Fitness Schedule June 2025

Monday			Tuesday		
0715 - 0745	Balance 30	Zen Room	0800 - 0845	Barre	Family Fit A
0815 - 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	Strenght Training	Family Fit B
0630 - 0700	Morning Kick Start	Wenzel	1600 - 1700	Strenght 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	Toddlersize	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	Family Fitness Center 850-452-6004 or 850-452-6802 Bldg. 3712 Monday - Friday 0600 - 1900 Sat, Sun, & Holidays: CLOSED		
1600 - 1700	Zumba	Family Fit A			
0630 - 0700	Morning Kick Start	Wenzel			
1700 - 1730	Cardio Blast	Wenzel			
Friday			Wenzel Fitness Center 850-452-6198 Bldg. 3711 24/7 Access See front desk for more details		
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.		
Aquatics 850-452-6317 Bldg. 3735 Aquatics schedule can be found at MWR Pensacola Facebook.					



**SPIN
CLASS**



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NASP Group Fitness Schedule June 2025

Monday			Tuesday		
0915 - 1000	Flow Yoga	Radford	0900	Elites	Portside
1615 - 1700	Spin	Radford			
Wednesday			Thursday		
0915 - 1000	Zumba	Radford	0915 - 1015	Chaos Spin	Radford
1615 - 1700	Spin	Radford	0900	Elites	Portside
1630	Cardio Core	Portside	Radford Fitness Center 850-452-9845 Bldg. 4143 24/7 Access See front desk for details		
Friday					
1030 - 1130	3R 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			
Indoor Pool 850-452-9426 Bldg. 3828 Aquatics schedule can be found at MWR Pensacola Facebook.					



2025 SPRINT DRY-TRI
JUN 1-AUG 31
@ RADFORD FITNESS

ROW 750 meters/0.5 miles
 BIKE Upright or Spin 20 kms/12.4 miles
 RUN 5 kms/3.1 miles on a treadmill

Scan QR code on gym equipment used
 Upload picture of equipment screen-show completed event
 Complete ALL 3 events in 1 week-Prize awarded!

DIRECTIONS: →

MWR FITNESS
 f MWR PENSACOLA www.NAVYMWRPENSACOLA.COM 850-452-9845



YOUR OPINION MATTERS

NAS PENSACOLA CORRY STATION