



Volume 27 Number 6

At Ease

June 2018

NAS Pensacola & NASP Corry



Become A Fan Of MWR on Facebook

MWR Pensacola

GO MOBILE!
"navylifepensacola"



www.navymwrpensacola.com

MWR General Information: 850-452-3806

GREAT NAVY CAMPOUT

Discover Your Adventure

June 9 - 10, 2018

Blue Angel Park

FREE! All Patrons Must Register

For more information, registration and camp gear rental contact BAP Outpost 850-281-5489



- Patrons are able to show up early to set up their campsite. Event starts at 12pm Saturday & ends Sunday at noon.
- Bring your own camping gear.
- BAP has a limited amount of camping gear available for free on a first come first served basis upon event registration.
- Meals available for purchase. (\$5 dinner, \$3 breakfast. per person)
- Hands-on Outdoor Education talks: Reptiles, Owls, Pollinators, Environment and Conservation.
- Weekend Activities: Archery, Pollinator garden planting, Crafts, Geocaching competition, Stargazing, Outdoor movie, Campfire s'mores, Beach yoga, Kayaking, Paddleboarding, Sailing, Beach clean up, AND MORE!



MOVIE ON THE LAWN

FRONT OF PORTSIDE GYM BLDG. 627  STARTS AT DUSK

EVERY 2ND AND 4TH SATURDAY

BRING YOUR BLANKETS ~ LAWN CHAIRS ~ COOLERS

If it rains the movie will be canceled, check Facebook for rain-outs or call 452-2372



A&W All American Food

Located in the Portside Entertainment Center
850-453-8196

Limited Time Offer



**Hot Fudge
Sundae with
Oreo Cookies
or
Strawberry
Cheesecake
Sundae**

Your Choice Only \$3!

GEICO MILITARY

Proudly serving the
Military since 1936.

[Start Quote](#)

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

*Book a Full Body massage
June 16th- June 21st
and receive a FREE
30 minute aromatherapy
scalp massge!*



*Father's Day Special
Relax and rejuvenate*

*Swedish 1 Hour \$45
Deep Tissue 1 Hour \$55*



*Gift certificates
now available!*

There's a 24 hour cancelation policy call 850.452.9845

AQUATICS SUMMER CAMPS!

Testing for All Half Day Camps:

May 8, Indoor Pool @ 4:30 pm ♦ May 20 , Corry Pool @ Noon
May 31, Mustin Pool @ 10 am

Sign-ups begin May 1 for all of our swim lessons!



Aquatics Office is located at the Mustin Beach Pool
850-452-9429

www.navymwrpensacola.com ♦ www.facebook.com/naspaquatics

AutoRama Resale Lot

NEX Mall Hwy. 98 ♦ 850-452-6542



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

Sherman Cove Marina

NAS Pensacola ♦ 850-452-2212

Pontoon Boat Rentals

There are plenty of nice boating days in the mild Florida climate. Go for a lunchtime cruise to the Oyster Bar on Perdido Key. Go beach combing in a secluded cove or a remote beach.

22' Pontoon Boat: \$28 / \$70 / \$140

25' Pontoon Boat: \$30 / \$75 / \$150

17' Boston Whaler Skiff: \$15 / \$40 / \$75

17' Cape Horn: \$30 / \$75 / \$150

21' Edge Waters: \$35 / \$90 / \$150

Bayou Grande Marina

Thursday - Monday ♦ 8 am - 4 pm ♦ 850-452-4152

Saturday Sailing Classes



Upon successful completion,
students will receive
United States Naval Sailing Association
certification, recognized throughout
the Navy and Marine Corp.

June 2, 16 & 30 Beginner 10 am - 3 pm \$40

June 9 & 23 Intermediate 10 am - 3 pm \$45

**Call 850-452-4152 to schedule
your sailing class!**

BGM Boat & Board Rentals

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

Canoes and Kayaks: \$6.00 hr. / \$30.00 day

Paddleboards: \$6.00 hr. / \$30.00 day

NASP CORRY STATION SWIMMING



JUNE 20, 2018

(4 Person Team) (Tentative Date)

NASP Corry Station Pool

Deadline to Enter: June 13, 2018 @ 1100

Coaches Meeting: June 13, 2018 @ 1100

MWR Sports Office Bldg. 3738

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 NASP Corry Station Sports Office: 850-452-6520



NASP CORRY STATION DODGE BALL TOURNAMENT



JULY 10 – JULY 31, 2018

(5 vs. 5) (Tentative Dates)

NASP CORRY STATION WENZEL GYM BLDG 3711

Deadline to Enter: July 2, 2018 @ 1100

Coaches Meeting: July 2, 2018 @ 1100

MWR Sports Office Bldg. 3738

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 NASP Corry Station Sports Office: 850-452-6520



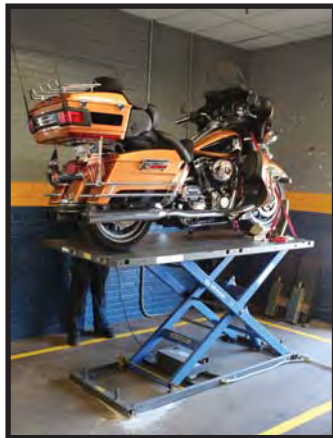
Auto Skills Center

Tuesday - Saturday ♦ 11 am - 7 pm ♦ 850-452-6542
NASP Corry, Building 1006

Do Vehicle Repair Yourself At Corry Auto Skills!

- ★ 10 Covered Stalls
- ★ 3 Overhaul Bays
- ★ 3 Frame Lifts
- ★ 5 Drive-on Lifts
- ★ 2 Car Wash Bays
- ★ Thousands Of Tools

We Also Have Knowledgeable Assistants!



Our Lifts Will Accommodate Motorcycles, ATV's, Gators, Golf Carts, & Lawnmowers

**Lift Rates:
\$6.50/hr & \$35/day**

Hours of Operation

Tuesday - Friday 11 am - 7 pm
Saturday 11 am - 7 pm
Sunday, Monday & Holidays Closed

CORRY POOL HOURS FOR JUNE

PROGRAMS AVAILABLE

SWIM LESSONS

All levels and all ages

For more info call 452-9429.

MASTERS

Friday 1630-1730

Coach on deck, custom workouts, and equipment use. Call for schedule and cost.

AQUA AEROBICS

Wed. & Fri.

1000-1045

LAP SWIM:

Tues. - Fri.

0530-0730 & 1100-1800

Saturday 1000-1800

Sunday & Holidays
1200-1800

GOSLINGS - PRE SWIM TEAM

Friday 1800-1850

Advanced lessons ages 5-12

PNY (Pensacola Navy Swim Team)

Friday

VARSITY 1700-1900

AGE GROUPERS 1800-1900

NOVICE 1800-1900

1 ON 1

Time and days vary

We teach all skill levels. Call the office for specifics. \$15 for a 30 minute class.

REC SWIM:

Tues. - Fri. 1200-1800

Saturday 1000-1800

Sunday & Holidays 1200-1800



For more info call **850.452.9429** or go to www.navymwrpensacola.com

MUSTIN POOL HOURS FOR JUNE

REC SWIM:

Tues. - Fri. 1200-1800

Sat. 1000-1800

Sun. & Holidays 1200-1800

LAP SWIM:

Separate lap pool

Tues. - Fri. 1100-1800

Sat. 1000-1800

Sun. & Holidays 1200-1800

AQUA AEROBICS

Tues. & Thurs. 1800-1845

1 ON 1

Time and days vary

We teach all skill levels. Call the office for specifics. \$15 for a 30 minute class.

For more info call **850.452.9429** or go to www.navymwrpensacola.com

BARRANCAS BEACH

Daily 1000-1800



**Grills & Cabanas
first come first serve**



June 21st at Mustin Pool
Pool opens at 7 pm
and movie starts at dusk

Pizza and drinks available for purchase!



SPLASH SPLASH swim test prior to movie or wear a life jacket.

JUNIOR SUMMER CAMPS & LEAGUES



US Kids Golf Camps \$75 AGES 6-15
(\$5 off if you sign up for additional camps)



Each junior will receive a hat and lunch. No equipment needed!

There will be 4 different dates (2 for ages 6-10 & 2 for ages 11-15). 0800 - 1200

Ages 6-10 June 12-14 & July 17-19

Ages 11-15 June 27-29 & July 24-26

PGA Junior League \$250 AGES 7-13
(\$75 discount for Active Duty dependents)



Players will have 1.5 hours practice once a week and have 5-6 matches at courses in the area in a scramble format. League includes shirt, hat, balls, tees, instruction from a PGA professional, and golf during tournaments and practice.

Sign up at pgajuniorleague.com, please call the golf shop for the discount code for Active Duty.

Practice is Wednesday afternoons 1600 - 1730 (May - July)

Matches are Thursdays at 1600

*All programs and leagues are taught by a PGA Professional



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

SKI BEACH GEAR RENTALS



John Towers Rd. Bldg. 3487 281-0134




**MOUNTAIN BIKES GAMES
CAMPING GEAR COOLERS
FISHING GEAR
BOUNCE HOUSE**



Portside Twin Cinema

Box Office Open Tuesday - Sunday ♦ 850-452-3523
Movie Info (recording) ♦ 850-452-3522

FREE ADVANCED SCREENING!

Sicario: Day of the Soldado



RATED R

**June 23
5 pm**

**Box Office Opens at 9 am
Open To AD, Ret, DOD, Contractors & Family!**

Portside Twin Cinema

Box Office Open Tuesday - Sunday ♦ 850-452-3523
Movie Info (recording) ♦ 850-452-3522



**NOW SHOWING
3D MOVIES!**

**Affordable
Admission Fees!**

HD Digital Movies:
Adult, \$4
Children Ages 6 - 11, \$2
Children Age 5 & Younger Free

3D Digital Movies:
Adult, \$5
Children Ages 6 - 11, \$3
Children Age 5 & Younger Free

Upcoming movies:
Breaking In ♦ Life of the Party
Book Club ♦ Deadpool 2
Show Dogs ♦ Action Point
Solo: A Star Wars Story
Adrift ♦ Hereditary ♦ Ocean's 8

Open To AD, Ret, DOD, Contractors & Family!

Portside Twin Cinema

Box Office Open Tuesday - Sunday ♦ 850-452-3523
Movie Info (recording) ♦ 850-452-3522

FREE MOVIES Every Wednesday In June At Noon!

**Get your FREE ticket early!
Box Office Opens 10am**

NASP CORRY STATION 4-ON-4 SAND VOLLEYBALL



JUNE 23, 2018

(4 Person Team) (Tentative Date)

CHECK IN TIME: 0800

NASP Corry Station Wenzel Gym Bldg. 3711

Deadline to Enter: June 13, 2018 @ 1100

Coaches Meeting: June 13, 2018 @ 1100

MWR Sports Office Bldg. 3738

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 NASP Corry Station Sports Office: 850-452-6520



NAS PENSACOLA RECREATION



Start Date: July 13, 2018

NATTC Sports Complex

Deadline to Enter July 10, 2018

This event is a Recreation Sporting event so ANY eligible patron authorized to use the facilities may enter.

For More Information, Please call

NAS Pensacola Sports Office: 850-452-4391/4392

NASP Corry Station Sports Office: 850-452-6520



NASP CORRY STATION SOFTBALL



(10 vs. 10)

JUNE 6 – AUGUST 9, 2018

(Tentative Dates)

NASP Corry Softball Fields

Deadline to Enter: May 25, 2018 @ 1100

Coaches Meeting: May 25, 2018 @ 1100

MWR Sports Office Bldg. 3738

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

For More Information, Contact Your Command Sports Representative
Call the NASP Corry Station Sports Office: 850-452-6520



NASP CORRY STATION CRICKET TOURNAMENT



AUGUST 1 – AUGUST 30, 2018

(Tentative Dates)

(4 PERSON TEAM)

CORRY STATION BOWLING CENTER

Deadline to Enter: July 24, 2018 @ 1100

Coaches Meeting: July 24, 2018 @ 1100

MWR Sports Office Bldg. 3738

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 NASP Corry Station Sports Office: 850-452-6520



11th Annual TEAM CENTURY RIDE

Saturday, June 23
Corry Wellness Center



**Two Member Teams
Ride In A Combined
Race To 100 Miles!**

**Doors Open at 8 am
Race Begins At 8:30 am
Prizes For 1st, 2nd & 3rd.
Special Prize
For Top Active Duty Team!**

**Snacks Throughout Your Ride.
Registration Required**



Call 850-452-6802 to reserve your spot!

NASP CORRY STATION KICKBALL TOURNAMENT



AUGUST 20 – AUGUST 30, 2018

(Tentative Dates) (10 vs.10)

CORRY STATION SPORTS FIELDS

Deadline to Enter: August 7, 2018 @ 1100

Coaches Meeting: August 7, 2018 @ 1100

MWR Sports Office Bldg. 3738

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 NASP Corry Station Sports Office: 850-452-6520



Athletic Performance Training



**Every Tuesday And Thursday
At 11:30 am During The Month Of June
Wenzel Fitness Center
Open To Eligible MWR Patrons Ages 15 & Up**



This Athletic Performance Training Program will focus on preparing athletes for the future when it comes enhancing their overall performance while decreasing risk of injury. Benefits as follows:
Increasing overall strength, core stability, mobility, speed, flexibility, agility and weight training technique.

For More Information, Call 850-452-6198



**July 16 - 19 ♦ Noon - 2:30pm
Wenzel Fitness Center**

Must register by July 9 and submit shirt size
Open to ALL authorized MWR patrons (Ages 10+)

This Basketball Skills Camp will focus on improving overall player skill set by utilizing techniques and strategies. Athletes will gain skills and knowledge needed to get the edge on their competition both mentally and physically.

For Information, call 850-452-6198



Youth Bowling Camp
Ages 5 - 18
June 6 - 8, 2018
Wednesday - Friday
9:00 AM - 1:00 PM
Cost \$65 (lunch included)



**Videos, Fundamentals, Drills,
Lane Play, Spare Shooting**

Call Corry Bowling Center to Sign Up
850-452-6380



June 10



**National
Ice Tea
Day**
**Purchase a
Large
Ice Tea
for the price
of a Regular
At the Corry Grill**

JUNE 12
**PEANUT BUTTER
COOKIE DAY**



BOWL COSMIC
6:30-8:30 PM
AND RECEIVE FREE
PEANUT BUTTER COOKIES



Call Corry Bowling Center to Sign Up
850-452-6380

2018 NAS Pensacola Captain's Cup



CORN HOLE TOURNAMENT

June 11, 2018
Portside Gym Bldg. 627
(This is a lunchtime event) (4 person team)
Deadline to Enter: June 1, 2018

**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 NAS Pensacola Sports Office: 850-452-4391/4392**



2018 NAS PENSACOLA CAPTAIN'S CUP



(4 Person Team)

JUNE 15, 2018

A.C. Read Golf Course Par 72

Deadline to Enter: June 8, 2018 @ 1600

Green Fees Paid: June 11, 2018 @ 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 NASP Corry Station Sports Office: 850-452-6520



2018 NAS PENSACOLA CAPTAIN'S CUP



(4 Person Team)

Start Date: July 16, 2018

Radford Fitness Center Bldg. 4143

(This is a Lunch Time Event)

Deadline to Enter: July 6, 2018

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



NAS PENSACOLA CAPTAIN'S CUP SOFTBALL LEAGUE



Start Date: June 19, 2017

Barrancas Sports Complex

Coaches Meeting & Deadline to Enter June 9, 2017

1100 at Portside Gym Bldg. 627

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



2018 NAS PENSACOLA CAPTAIN'S CUP



(4 Person Team)

July 10, 2018

Mustin Beach Pool

(This is a lunchtime event)

Deadline to Enter: June 29, 2018

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



VACATION ^{with us} THIS FALL.



Navy Getaways Stay • Play • Relax



Offering RV Parks, Campgrounds & Vacation Rentals
Prime Locations Worldwide & Affordable Rates
WWW.NAVYGETAWAYS.COM
1-877-NAVY-BED • #NAVYGETAWAYS



Father's Day Picnic

Ski Beach • June 17th • 10 am - 6 pm

FREE
Yard Games
Bounce house
Wibit

*Food and drink not provided



BOGO hour rentals for Father's only
For more info please call 850-281-0134



NASP CORRY STATION BEST BALL GOLF TOURNAMENT

(2 Person Team)

JUNE 15, 2018

(Tentative Date)



A.C. Read Golf Course Par 72

Deadline to Enter: June 8, 2018 @ 1100

Coaches Meeting: June 8, 2018 @ 1100

MWR Sports Office Bldg. 3738

Green Fees Paid: June 6, 2018

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 NASP Corry Station Sports Office: 850-452-6520



NAS PENSACOLA RECREATION



Start Date: July 27, 2018

A.C. Read Golf Course

Deadline to Enter July 24, 2018

Individual Sign Ups

This event is a Recreation Sporting event so ANY eligible
patron authorized to use the facilities may enter.

For More Information, Please call

NAS Pensacola Sports Office: 850-452-4391/4392

NASP Corry Station Sports Office: 850-452-6520



BACKPACKING TRIP

OVERNIGHT TRIPS TO THE MOUNTAINS IN GA AND AL

JUNE 23RD-24TH

CHEAHA FALLS IN TALLADEGA NATIONAL FOREST, AL

***DIFFICULT HIKE**

YOU'VE GOT THE SKILLS! WE'VE GOT THE GEAR! COME WITH US ON AN
OUT-OF-TOWN BACKPACKING ADVENTURE. DON'T KEEP THE WILD WAITING!

ALL GEAR AND TRANSPORTATION IS PROVIDED!

**BOOK NOW
LIMITED SPACE
AVAILABLE**



**ONLY \$60
RAIN OR SHINE
DIFFERENT LOCATIONS**

FOR MORE INFORMATION CALL 850-281-5489

SIGN UP FOR THE SKILLS COURSE AT BLUE ANGEL PARK, 2100 BRONSON ROAD AT THE OUTPOST MARINA



***BACKPACKING 101 SKILLS COURSE IS A PREREQUISITE FOR ALL NAS PENSACOLA CR BACKPACKING TRIPS**

NASP GROUP FITNESS SCHEDULE JUNE 2018

MONDAY			TUESDAY		
0900-1000	Circuit - Robin	Radford	0915-1015	Paddle Board - Andi	Bayou Grande
1015-1100	Pilates - Keri	Radford	0915-1000	Pilates - Keri	Radford
1115-1200	Zumba - Veronica	Radford	1000-1200	TTCT	Portside
1115-1200	S.A.C. - Ann	Radford	1015-1100	Mixxed Fit - Myah	Radford
1130	Outside the Box - Shiela	Portside	1115-1200	Form 101 - Myah	Radford
1230	Outside the Box - Shiela	Portside	1600-1645	Spinning - Regine	Radford
1630	Outside the Box - Shiela	Portside	1600-1700	NOFFS Zone	Radford
1700-1745	S.A.C. - Ann	Radford	1630-1700	Functional Fit NOFFS Zone	Portside
1730	Foam Roll & Stretch - Shiela	Portside	1630	Master's Swim	Indoor Pool
1800-1845	Yoga - Dana	Radford	1700-1730	Functional Fit NOFFS Zone	Portside
			1730	Foam Roll & Stretch - Shiela	Portside
WEDNESDAY			1800-1845	Aqua Aerobics	Mustin Pool
0615-0700	Chaos Spin - Michal	Radford	1800-1845	Skill Pro	Mustin Pool
0915-1000	Spin - Andi	Radford	1800-1845	Yin yoga - Lela	Radford
1015-1100	Yoga - Myah	Radford	THURSDAY		
1115-1215	Paddle Board - Andi	Bayou Grande	0900-1000	Zumba - Veronica	Radford
1115-1200	NOFFS Zone	Radford	1000-1200	TTCT	Portside
1130-1200	Super Circuit - Shiela	Portside	1115-1200	20/20/20 - Myah	Radford
1200-1230	Super Circuit - Shiela	Portside	1600-1645	Spinning - Regine	Radford
1600-1700	NOFFS Zone	Radford	1630-1700	Functional Fit NOFFS Zone	Portside
1630	Circuit - Robin	Radford	1630	Master's Swim	Indoor Pool
1630	Super Circuit - Shiela	Portside	1700-1730	Functional Fit NOFFS Zone	Portside
1730	Foam Roll & Stretch - Shiela	Portside	1700-1745	S.A.C. - Ann	Radford
			1700-1745	Mixxed Fit - Myah	Radford
FRIDAY			1730	Foam Roll & Stretch - Shiela	Portside
0915-1015	Spin - Andi	Radford	1800-1845	Aqua Aerobics	Mustin Pool
1630	Fast Fridays - Shiela	Portside	1800-1845	Skill Pro	Mustin Pool
			1800-1845	Yoga - Vina	Radford

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



SATURDAY		
0900-1000	Zumba - Veronica	Radford

Flick and Float
June 21st
pool opens @ 7pm

CORRY GROUP FITNESS SCHEDULE JUNE 2018

MONDAY			WEDNESDAY		
730	Balance 30 - Lu	Wellness	900	Step Out - Lisa	Wellness
900	MIXXED FIT - Myah	Family Fitness	900	Spinning - Bob	Wellness
1000	Family Yoga - Vina	Family Fitness	930	Pump Cycle - Dennexx	Family Fitness
900	Spinning - Bob	Wellness	1000	Aqua Aerobics	Corry Pool
915-945	Balance 30 - Lu	Wellness	1100-1300	Strength Training - Tim	Wellness
1100-1300	Strength Training - Tim	Wellness	1115	Spinning - OT	Wellness
1115	Spinning - Lisa	Wellness	1130	Operation Circuit Madness - Leon	Wenzel
1130	Cardio & Ab Sculpt-Leon	Wenzel	1230-100	Step Out - Lisa	Wellness
1230-100	Step Out - Lisa	Wellness	1400	Restorative Yoga - Myah	Wellness
1400-1700	Strength Training - Tim	Wellness	1400-1700	Strength Training - Tim	Wellness
1700	Master's Swim	Corry Pool	1630	Spinning - Lena	Wellness
1630	Spinning - Lena	Wellness	1630	Toddlercize	Family Fitness
1600	Zumba - Veronica	Family Fitness			

TUESDAY			THURSDAY		
600	Spinning - Bob	Wellness	600	Spinning - OT	Wellness
900	Boxing w/a Twist - Dennexx	Family Fitness	730	Balance 30 - Lu	Wellness
1100-1300	Strength Training - Tim	Wellness	900	Toddlercize	Family Fitness
1400-1700	Strength Training - Tim	Wellness	1000	Spin Crazy - Dennexx	Family Fitness
			1100-1300	Strength Training - Tim	Wellness
			1400-1700	Strength Training - Tim	Wellness
			1700	Spin - Dennexx	Family Fitness

WENZEL - 850.452.6198

Corry Station Bldg. 3711

Mon: 0500-2000, Tues-Thurs: 0100-2000

Fri: 0100-1800

Weekends & Holidays: 0800-1800

WELLNESS - 850.452.6802

Corry Station Bldg. 3712

Mon - Thurs: 0500-1800, Fri: 0500-1600

Weekends & Holidays: Closed

FAMILY FITNESS - 850.452.6004

Corry Station Bldg. 3712

Mon - Fri: 0800-1130 1500-1900

Sat, Sun & Holidays: Closed

AQUATICS - 850.452.6317

Call for hours of operation

Corry Station Pool Bldg. 3735

FRIDAY		
900-1200	Strength Training - Tim	Wellness
900	Zumba - Veronica	Family Fitness
900	Spinning - Bob	Wellness
915-945	Balance 30 - Lu	Wellness
1000	Aqua Aerobics	Corry Pool
1300-1600	Strength Training - Tim	Wellness
1700	Master's Swim	Corry Pool



June 2018 Group Fitness Descriptions

20/20/20: A variation of cardio, weights, abs and yoga.

Super Circuit: Total body strength and high intensity cardio utilizing battle ropes, med balls, kettlebells

Aqua Aerobics: Traditional style aerobics in the water!

Balance 30: Multi-Component training addressing decreased balance.

Cardio & Ab Sculpt: Cardiovascular conditioning and core development.

Cardio Kickbox: Classes give you a full body workout and improve your flexibility, coordination, and balance. If you perform the punches with precision and power, you will strengthen your upper body and eventually see more muscle.

Cardio Box/Boxing with a Twist: Simply – Box Mania with added cardio intervals.

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

Circuit Boot Camp: Fast paced cardio and strength conditioning class! Exercises include body weight and equipment based training designed to provide a full body workout in 60 minutes.

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

Form 101: Anatomy and alignment to develop proper form in for everyday activities and weekly workouts.

HIIT: Organized cardio –respiratory training with repeated bouts of short duration, high-intensity exercise intervals and periods of lower intensity intervals of active recovery.

Foam Roll and Stretch: Improve performance by increasing your flexibility and mobility with foam rollers and straps.

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.

Operation Circuit Madness: A circuit training class with short rest intervals for improving muscle tone and definition, while improving cardiovascular fitness.

Pilates: A classic Pilates method to increase core muscular strength while developing an understanding of Pilates movement.

Power Regeneration: Stretches to help relieve tired overworked muscles.

PRT Run Improvement: Optimizing fitness & readiness by exceeding minimum standards for the cardio-respiratory event. **BY APPT. ONLY**

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

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

Step Circuit/ Step & Tone: Powerful step exercises and dynamic lateral movements are used to improve cardio and endurance fitness.

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

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

Strong by Zumba: Strength, conditioning and body weights sync to music.

Toddlercize: 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.

TRX: Suspension Training bodyweight exercise develops strength, balance, flexibility and core stability simultaneously. It requires the use of the TRX Suspension Trainer, a highly portable performance training tool that leverages gravity and the user's body weight to complete hundreds of exercises.

XT Yoga: Cross Train Yoga - A faster paced yoga to get ready for your work week!

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.

