



Volume 27 Number 1

At Ease

January 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

2018 DISNEY PARK HOPPER TICKETS

TICKETS & TRAVEL OFFICE

4 Day Military Promotional with Park Hopper \$222

*4 Day Military Promotional with Park Hopper **PLUS** \$260.75*



SEABREEZE JAZZ FESTIVAL™

THE ULTIMATE WEEKEND OF SMOOTH JAZZ - 1998-2018

JOIN THE CELEBRATION APRIL 18TH-22ND, 2018



TICKETS NOW AVAILABLE AT TICKETS & TRAVEL

BLDG. 3787 IN THE NEX SHOPPING PLAZA ON HWY 98 • FOR MORE INFO CALL 452-6354

THURSDAY \$78 SATURDAY \$103.75 3 DAY \$173

FRIDAY \$86.50 SUNDAY \$103.75 4 DAY \$216

SPONSORSHIP OF THIS EVENT DOES NOT IMPLY ENDORSEMENT BY THE FEDERAL GOVERNMENT OF PRODUCT OR SERVICES.

**Visit Tickets
& Travel
For All
Your Vacation
Planning
Needs!**

**NEX Shopping
Plaza
Highway 98**

850-452-6354

Massage Therapy
Relax and rejuvenate



Swedish 1 Hour \$45
Deep Tissue 1 Hour \$55
Reflexology 30 minutes \$20
Chair Massage \$1 per minute
(punch cards required)



MWR
FITNESS

Monday
Chair Massage 0830-1300 at Radford Fitness Center

Tuesday ~ Wednesday ~ Thursday
Full Body Massages 0830-1300 at Wellness Center

Friday
Chair Massages 0830-1300
at Wellness Center

Saturday
Full Body massages
at Radford Fitness Center

All massages and punch cards are sold at Radford Fitness Center
for more information please call 850.452.9845

There is a 24 hour cancellation policy call 850.452.9845

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*

JANUARY 6
SHOWTIME - NOON



FREE

ADVANCED SCREENING

PADDINGTON 2

Rated PG

Get Your FREE Ticket Early
Box Office Opens 9am
First Come, First Served

Seats not filled 15 minutes before show time will be filled by standby.
Cameras, cell phones & recording devices prohibited



Wenzel Fitness Center Presents



Operation: Resolution Fitness

Starts first full week in January Mondays and Wednesdays, 1630-1730

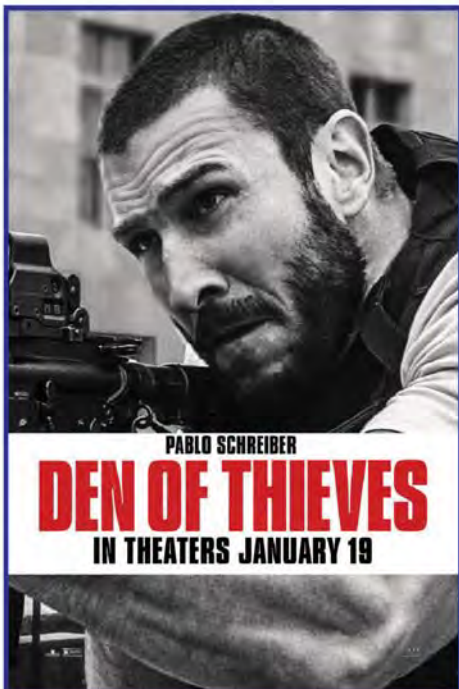
For those seeking to improve or maintain their current fitness level.

**Class will focus on toning, total body strength, core
and cardiovascular conditioning.**

Contact Wenzel Fitness Center 850-452-6198

JANUARY 7

SHOWTIME - 5 PM



FREE



ADVANCED SCREENING

Den of Thieves

Rated R

Get Your FREE Ticket Early

Box Office Opens 9am

First Come, First Served

Seats not filled 15 minutes before show time will be filled by standby.

Cameras, cell phones & recording devices prohibited



BACKPACKING TRIP

OVERNIGHT TRIPS TO THE MOUNTAINS IN GA AND AL

JAN 13TH -14TH TALLADEGA NATIONAL FOREST, AL

MARCH 9TH-11TH SIPSEY WILDERNESS, AL

***DIFFICULT HIKE COMPLETION OF
ONE PRIOR BACKPACKING TRIP IS REQUIRED***

**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 OR 850-452-6354

SIGN UP FOR THE SKILLS COURSE AT THE TICKETS AND TRAVEL OFFICE BLDG. 3787 AT CORRY STATION



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



Take our online survey & help us serve YOU better!

Want to see your MWR Community Recreation offer more...

- Outdoor Activities & Excursions
- Overnight or Day Trips & Tours
- Craft Groups & Art Lessons
- Children Play Dates
- Trips to Sporting Events
- Group Dance & Music Lessons

...have Comments or Suggestions?



<https://www.surveymonkey.com/r/MN3XNNQ>

POOLS OPEN

Indoor Pool is Open

Monday, Tuesday, Thursday & Friday
1630 - 1800 Lap Swim
1900 - 2100 Recreational Swim
1630 - 2000 Programming for You!
Weekends 1200 - 1700

Closed Wednesdays and the
First Full Weekend of the Month

New Season begins First Week of School!
Winter Swim Team with PNY starts Jan. 4
at the Indoor Pool 1730 - 1830



For More Information,
Call 850-452-9429



DISC GOLF

Disc golf is a combination of Frisbee and Golf. Players throw the disc toward the basket. Players throw the disc where the previous disc has landed until every player's disc lands in the basket. The lowest throw count at the end of the game is the winner!

Radford Disc Golf Course

Open Mon - Sat
Rental discs are available at
Radford Fitness Center.
Course behind the Fitness Center
450 Radford Blvd. Pensacola, FL 32508
For more info call (850) 452-9845

9 Holes
Beginner Course

Blue Angel Park Disc Golf Courses

Open Thurs - Mon
Rental discs are available at
Blue Angel Park Outpost Marina.
2100 Bronson Rd. Pensacola, FL 32506
For more info call (850) 281-5489

Palmetto Course
18 Holes
Amateur Course

Pines Course
18 Holes
Intermediate Course

Oaks Course
18 Holes
Intermediate Course

Corry Station Disc Golf Course

Open 7 Days/Week
Rental discs are available at Wenzel
Fitness Center or Corry Liberty Center.
Course behind the Fitness Center
3711 Chief's Way, Pensacola FL 32507
For more info call (850) 452-6198

9 Holes
Beginner Course




NAVYMWRPENSACOLA.COM



BACKPACKING 101 OVERNIGHT SKILLS COURSE

JAN 6TH-7TH FEB 3RD-4TH FEB 10TH-11TH MAR 3RD-4TH
 SATURDAY 8 AM - SUNDAY 3 PM

EVER GET THE FEELING YOU JUST NEED TO GET BACK TO NATURE?
GET OUT AND ENJOY A WEEKEND HIKING, BACKPACKING, AND
CAMPING IN THE WOODS. WE'LL SHOW YOU HOW!

BOOK NOW
LIMITED SPACE
AVAILABLE



ONLY \$40
GEAR INCLUDED
BACKPACKING 101

FOR MORE INFORMATION CALL 850-281-5489 OR 850-452-6354
SIGN UP FOR THE SKILLS COURSE AT THE TICKETS AND TRAVEL OFFICE BLDG. 3787 AT CORRY STATION



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

**JANUARY 27, 2018
CHOCOLATE CAKE DAY**



**SPECIAL COSMIC
7PM – 9:30 PM**

**\$10 PER PERSON,
ALL YOU CAN BOWL AND SHOES**



**For more information call
Corry Bowling Center 850-452-6380**



**Starting Monday
January 8 @ 6 pm
Three person team
\$5 per person per week
12 weeks long**



**For more info
Call the Bowling Center
850-452-6380**



**Starting Sunday
January 14 @ 4 pm**

2nd and 4th Sundays of the month

**Three person team
\$5 per person per week**

**For more info
Call the Bowling Center
850-452-6380**



NASP Corry Bowling Center



**Each
Tuesday 6:30 - 8:30pm
Friday 10pm - Midnight
Saturday 7:30 - 9:30pm & 10pm - Midnight
Two Hours Of Bowling & Shoes
Only \$8 Per Person!**

**We Offer Group
Bowling Party
Packages Too!**



**Call the Bowling Center
For Information
Or Party Reservations
850-452-6380**

NASP GROUP FITNESS SCHEDULE JANUARY 2018

MONDAY			TUESDAY		
0615-0700	NOFFS Zone - Michal	Radford	0615-0700	20/20/20 - Myah	Radford
0615-0700	Sunrise Yoga - Myah	Radford	0915-1000	Pilates - Keri	Radford
0900-1000	Circuit - Robin	Radford	0900-1200	TTCT - Chris	Portside
1015-1100	Pilates - Keri	Radford	1015-1100	JUST Lift - Andi	Radford
1115-1200	Various Classes	Radford	1115-1200	NOFFS Zone - Ann	Radford
1115-1200	NOFFS Zone - Andi	Radford	1115-1200	Zumba - Veronica	Radford
1130	Outside the Box - Shiela	Portside	1630-1700	CCSS Circuit - Shiela	Portside
1230	Outside the Box - Shiela	Portside	1600-1645	Spinning - Regine	Radford
1500-1600	NOFFS Zone - Roger	Radford	1700-1730	CCSS Circuit - Shiela	Portside
1600-1645	Cardio Kickboxing - Roger	Radford	1700-1745	TRX - Roger	Radford
1630	Outside the Box - Shiela	Portside	1700	Active Duty Skill Swim	Indoor Pool
1700-1745	S.A.C. - Ann	Radford	1700	Master's Swim	Indoor Pool
1645	Water Polo	Indoor Pool	1800	Foam Roll & Stretch - Shiela	Portside
1700	Master's Swim	Indoor Pool	1800-1845	Aqua Zumba	Indoor Pool
1800-1845	Relax Yoga - Dana	Radford	1800-1845	Yin yoga - Lela	Radford
1800	Foam Roll & Stretch - Shiela	Portside	THURSDAY		
1800-1845	Deep H2O aerobics	Indoor Pool	0915-1000	HIIT - Andi	Radford
WEDNESDAY			0900-1200	TTCT - Chris	Portside
0615-0700	Chaos Spin - Michal	Radford	1015-1100	Zumba - Veronica	Radford
0915-1000	Spin - Andi	Radford	1115-1200	NOFFS Zone - Andi	Radford
1015-1100	Yoga - Myah	Radford	1115-1200	20/20/20 - Myah	Radford
1115-1200	Chaos Spin - Andi/Keri	Radford	1600-1645	Spinning - Regine	Radford
1130-1200	360 Super Circuit - Shiela	Portside	1600-1700	NOFFS Zone - Roger	Radford
1200-1230	360 Super Circuit - Shiela	Portside	1700-1730	CCSS Circuit - Shiela	Portside
1600-1700	NOFFS Zone - Roger	Radford	1645	Water Polo	Indoor Pool
1630	Circuit - Robin	Radford	1700-1745	S.A.C. - Ann	Radford
1630	360 Super Circuit - Shiela	Portside	1700	Active Duty Skill Swim	Indoor Pool
1700	Master's Swim	Indoor Pool	1800	Foam Roll & Stretch - Shiela	Portside
1745-1845	MIXXED FIT - Myah	Radford	1800-1845	Yoga - Vina	Radford
1800	Foam Roll & Stretch - Shiela	Portside	SATURDAY		
FRIDAY			0900-1000	Zumba - Veronica	Radford
0615-0700	NOFFS Zone - Michal	Radford			
0615-0700	Mobility TRX - Myah	Radford			
0915-1030	Spin - Andi	Radford			
1115-1200	Strong - Veronica	Radford			
1630	Fast Fridays - Shiela	Portside			
1700	Master's Swim	Indoor Pool			

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

TGIF
Begins Jan 2nd 2018
@Radford Fitness Center



CORY GROUP FITNESS SCHEDULE JANUARY 2018

MONDAY			WEDNESDAY		
800	Balance 30 - Lu	Wellness	900	Step Out - Lisa	Wellness
900	MIXXED FIT - Myah	Family Fitness	900	Spinning - Bob	Wellness
1000	Mommy & Tot Yoga - Vina	Family Fitness	930	Pump Cycle - Dennexx	Family Fitness
900	Spinning - Bob	Wellness	1100-1300	Strength Training - Tim	Wellness
915-945	Balance 30 - Lu	Wellness	1115	Spinning - OT	Wellness
1100-1300	Strength Training - Tim	Wellness	1130	Operation Circuit Madness - Leon	Wenzel
1115	Spinning - Lisa	Wellness	1230-100	Step Out - Lisa	Wellness
1130	Cardio & Ab Sculpt-Leon	Wenzel	1400	Restorative Yoga - Myah	Wellness
1230-100	Step Out - Lisa	Wellness	1400-1700	Strength Training - Tim	Wellness
1400-1700	Strength Training - Tim	Wellness	1630	Resolution Fitness	Wenzel
1630	Resolution Fitness	Wenzel	1630	Spinning - Lena	Wellness
1630	Spinning - Lena	Wellness	1630	Toddlercize - Toni	Family Fitness
1645	Zumba - Barbara	Family Fitness			
TUESDAY			THURSDAY		
600	Spinning - Bob	Wellness	600	Spinning - OT	Wellness
900	Boxing w/a Twist - Dennexx	Family Fitness	900	Toddlercize - Toni	Family Fitness
1100-1300	Strength Training - Tim	Wellness	1000	Spin Crazy - Dennexx	Family Fitness
1400-1700	Strength Training - Tim	Wellness	1100-1300	Strength Training - Tim	Wellness
1630	Kids Zumba - Barbara	Family Fitness	1230	Step - Lisa	Wellness
			1400-1700	Strength Training - Tim	Wellness

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 - Thurs: 0800-1130 1500-1900

Fri - Sat: 0800-1230

Sun & Holidays: Closed

FRIDAY		
800	Balance 30 - Lu	Wellness
900	Zumba - Barbara	Family Fitness
900-1200	Strength Training - Tim	Wellness
900	Spinning - Bob	Wellness
915-945	Balance 30 - Lu	Wellness
1300-1600	Strength Training - Tim	Wellness



Wenzel Fitness Center Presents:

Operation: Resolution Fitness 2018

Starts January 8th 2018

Monday & Wednesday at 4:30pm - 5:30pm

January 2018 Group Fitness Descriptions

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

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.

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

JUST Lift/PUMP: A barbell, dumbbell, and bands class to shape, tone, and strengthen your entire body.

NOFFS CONEX BOX: 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.

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.

TTCT: Tuff Turf Circuit Training – moderate to high intensity circuit training incorporating cardio, strength and core.

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.

