



Volume 26 Number 12

# At Ease

December 2017

NAS Pensacola & NASP Corry



Become A Fan Of MWR on Facebook

## MWR Pensacola

**GO MOBILE!**  
"navylifepensacola"



[www.navymwrpensacola.com](http://www.navymwrpensacola.com)

MWR General Information: 850-452-3806

**FREE  
EVENT**

## Bring The Family & Enjoy Holiday Tree Lighting

**December 1 1500 - 1730**

Mustin Beach Club Bldg 253 Radford Blvd NASP



### Santa Claus arrives by Fire Truck at 1530

Bounce Castles ~ Games ~ Crafts ~ Air Brush Tattoo ~ Face Painting  
Hot Chocolate ~ Cookies & Popcorn

~ Lighting Of The Christmas Tree ~  
~ At Dark ~



For Info: 850.452.3806 x3100



# DNCE



# THOMPSON SQUARE

OPEN TO DOD ID CARDHOLDERS AND THEIR GUESTS  
GO TO **BASEFEST.COM** FOR THE MOST UP-TO-DATE INFO

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

2017  
**BASE FEST**  
POWERED BY USAA

**FRI. DEC 15TH**  
**NAS PENSACOLA**  
**PORTSIDE LAWN**

**FREE CONCERT**

GATES 4PM CONCERT 4:30 PM





**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

**Open Play**



**Entire month of December**  
**Fridays at 4 pm**  
**NASP Corry Wenzel Gym**

**Open To All Authorized MWR Patrons**

**MWR**  
FITNESS

**For Information, call 850-452-6198**

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



**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:**  
A Bad Moms Christmas  
Thor: Ragnarok ♦ Wonder  
Daddy's Home 2  
Murder on the Orient Express  
Justice League ♦ The Star

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



# RADFORD'S RIDICULOUS RELAY

## FIRST FRIDAY IN DECEMBER

OLD FAVORITES

ANYTIME BETWEEN  
0630 - 1000

NEW FORMAT





## 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!

<p><b>Radford Disc Golf Course</b></p> <p>Open Mon - Sat</p> <p>Rental discs are available at Radford Fitness Center.</p> <p>Course behind the Fitness Center 450 Radford Blvd. Pensacola, FL 32508</p> <p>For more info call (850) 452-9845</p> <p style="text-align: center;">9 Holes <i>Beginner Course</i></p>	<p><b>Blue Angel Park Disc Golf Courses</b></p> <p>Open Thurs - Mon</p> <p>Rental discs are available at Blue Angel Park Outpost Marina.</p> <p>2100 Bronson Rd. Pensacola, FL 32506</p> <p>For more info call (850) 281-5489</p> <p style="text-align: center;">Palmetto Course 18 Holes <i>Amateur Course</i></p> <hr/> <p style="text-align: center;">Pines Course 18 Holes <i>Intermediate Course</i></p> <hr/> <p style="text-align: center;">Oaks Course 18 Holes <i>Intermediate Course</i></p>
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**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

## NASP CORRY STATION DOUBLES RACQUETBALL TOURNAMENT



(2 person teams)

**December 4 - 14, 2017**  
**Corry Wenzel Gym Bldg. 3711**

**Deadline to Enter: November 27, 2017 @ 1100**

**Coaches Meeting: November 27, 2017 @ 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**





# BACKPACKING 101 OVERNIGHT SKILLS COURSE

DEC 2ND-3RD JAN 6TH-7TH FEB 3RD-4TH FEB 10TH-11TH  
MAR 3RD-4TH SAT 8 AM - SUN 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**



**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?**





# POOLS OPEN



## Polar Plunge

January 7

Mustin Beach Club Pool  
Free Hot Chocolate!

## One-On-One Swim Lessons

6 Days A Week  
Sun, Mon, Tue, Thu, Fri, Sat  
Flexible Schedule  
\$15/30 Minutes  
All Ages & Skill Levels



For More Information,  
Call 850-452-9429



December 2, 2017

## The Great Christmas Golf Classic

A.C. Read 27 Hole Golf Tournament

9 Holes - Scramble ♦ 9 Holes - Best Ball

9 Holes - Modified Alternate Shot

\$160 per team (2 person teams) includes:

Cart, greens fee, gift certificates, morning pastries, refreshments and lunch throughout play and a Christmas feast after play.

Tee times 7:00 - 9:00 am on each 9 holes.

Limited to first 90 paid teams.

Team handicap must be within 8 strokes of each other.

Teams will be flighted by handicap.



For More Information,  
Call 850-452-2454

## HOLIDAY BREAKFAST EXPRESS WITH SANTA & FRIENDS

The Oaks Restaurant December 9

Three Separate Seating Times

8am seating

9am seating

10am seating

Each seating is limited to 85 persons

Must attend seating time on ticket. Open to all DOD ID card holders

Pictures with Santa Arts & Crafts

\$5 per person - Breakfast tickets available for purchase starting November 27  
at The Oaks Restaurant and A.C. Read Golf Club

1 year and older require a ticket. 850.452.3859 / 850.452.2454

Breakfast Tickets Includes Entrance to Santa's Workshop following Breakfast



Gifts from Santa... Collect a FREE Bag of Toys



## LUNCHTIME TRAIL RUN SERIES

THURSDAYS IN DECEMBER  
MEET AT THE TRAIL HEAD  
11:30 AM - 1:00 PM

DEC 7TH • SUNECKE NATURE TRAIL

DEC 14TH • BAYOU GRANDE NATURE TRAIL

DEC 21ST • NASP HISTORICAL SEAWALL TRAIL

DEC 28TH • JOSEPH KANE LIGHTHOUSE TRAIL\*

(\*MEET AT THE NAVY LODGE)



FOR MORE INFO CONTACT RADFORD FITNESS CENTER AT 850-452-8845





## Auto Skills Center

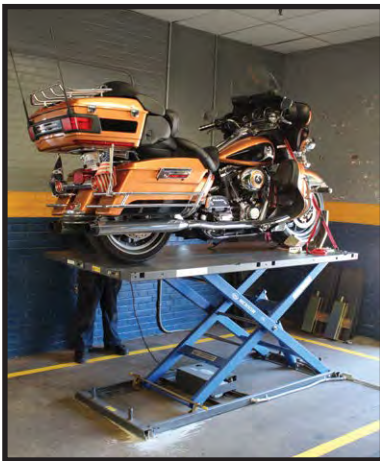
Tuesday - Saturday ♦ 11 am - 7 pm ♦ 850-452-6542  
NASP Corry, Building 1006

*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!**

## We Also Have Motorcycle & ATV Lifts



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

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

**MLK**



**January 18  
Noon and 5 pm  
NASP Corry Wenzel Gym**

Participants will have 5 three point attempts  
from various positions around the arc.  
A timer will also be used in which the fastest  
time and most shots made will determine winners.  
First, second, and third place winners will receive medals

**Open To All Authorized MWR Patrons  
For Information, call 850-452-6198**



## BACKPACKING TRIP

### OVERNIGHT TRIPS TO THE MOUNTAINS IN GA AND AL

**DEC 9TH-10TH** PINE MOUNTAIN, GA    **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**





# UGLY



## CHRISTMAS SWEATER SPECIAL COSMIC



**Friday**

**December 15**

**7:00 – 9:30 pm**

**Corry Bowling Center**



**\$10 per person**



**\$9 if wearing an ugly sweater**

**(\$5 for 6 years and under)**

**2 ½ hours of bowling, shoes included**



For reservations contact  
Corry Bowling Center 850-452-6380



## December 4<sup>th</sup> National Cookie Day



**3 Cookies For \$1.00  
@ the Corry Grill**



### HOLIDAY HOURS



**BOWLING CENTER, CORRY GRILL**

**Sunday Dec 17<sup>th</sup>**

**Close at 4 pm**

**Sunday Dec 24<sup>th</sup>**

**Closed**

**Monday Dec 25<sup>th</sup>**

**Closed**

**Sunday Dec 31<sup>st</sup>**

**3:30 – 9:30 pm**

**Monday Jan 1<sup>st</sup>**

**2:00 – 9:00 pm**



Contact Corry Bowling Center for reservation  
850-452-6380

## Ring in the New Year

(A bit early)

**Special**

**New Years Eve**

**Corry Bowling Center**

**Cosmic Bowling**

**December 31, 2017**

**6:30 – 9:30 PM**

**\$10 per person**

**(\$5 for 6 years and under)**

Reserve Early Call Corry Bowling Center 850-452-6380

Minimum 4 people to a lane

## 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



# CORRY GROUP FITNESS SCHEDULE DECEMBER 2017

MONDAY			WEDNESDAY		
800	Balance 30 - Lu	Wellness	900	Step Out - Lisa	Wellness
900	Circuit Boot Camp - Elva	Family Fitness	900	Spinning - Bob	Wellness
1000	Mommy & Tot Yoga - Vina	Family Fitness	930	Pump Cycle - Dennexx	Family Fitness
900	Spinning - Bob	Wellness	1030	Core, Gut & Butt - Elva	Family Fitness
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
1630	Spinning - Lena	Wellness	1630	Spinning - Lena	Wellness
1645	Zumba - Barbara	Family Fitness	1630	Toddlercize - Toni	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	1400-1700	Strength Training - Tim	Wellness

FRIDAY		
800	Balance 30 - Lu	Wellness
800	Circuit Boot Camp - Elva	Family Fitness
900	Zumba - Barbara	Family Fitness
900-1200	Strength Training - Tim	Wellness
900	Spinning - Bob	Wellness
915-945	Balance 30 - Lu	Wellness
1000	What's My Name ...ABS - Elva	Family Fitness
1300-1600	Strength Training - Tim	Wellness
1600	Open Play Dodgeball	Wenzel

## 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

**PRT Run Improvement**  
**by appointment On Tuesdays and Thursdays**  
**Call Leon at 452-6198**





# NASP GROUP FITNESS SCHEDULE DECEMBER 2017

MONDAY			TUESDAY		
900	See special schedule	Radford	900	See special schedule	Radford
1115	See special schedule	Radford	0900-1200	TTCT - Chris	Portside
1130	Outside the Box - Shiela	Portside	1115	See special schedule	Radford
1230	Outside the Box - Shiela	Portside	1630-1700	Cardio Core Super Circuit	Portside
1630	Outside the Box - Shiela	Portside	1700-1730	Cardio Core Super Circuit	Portside
1700-1745	See special schedule	Radford	1700-1745	See special schedule	Radford
1630-1800	Lap Swim	Indoor Pool	1630-1800	Lap Swim	Indoor Pool
1700	Master's Swim	Indoor Pool	1700	Skills Coaching	Indoor Pool
1800	Foam Roll & Stretch - Shiela	Portside	1800	Foam Roll & Stretch - Shiela	Portside
1800-1845	Deep H2O aerobics	Indoor Pool	1800-1845	Aqua Zumba	Indoor Pool
WEDNESDAY			THURSDAY		
915	See special schedule	Radford	900	See special schedule	Radford
1115	See special schedule	Radford	0900-1200	TTCT - Chris	Portside
1130-1200	360 Super Circuit - Shiela	Portside	1115	See special schedule	Radford
1200-1230	360 Super Circuit - Shiela	Portside	1700-1730	Cardio Core Super Circuit	Portside
1700	See special schedule	Radford	1630-1800	Lap Swim	Indoor Pool
1630	360 Super Circuit - Shiela	Portside	1700	See special schedule	Radford
1700	Cardio Kickboxing - Roger	Portside	1700	TRX - Roger	Portside
1800	Foam Roll & Stretch - Shiela	Portside	1700	Master's Swim	Indoor Pool
			1700	Skills Coaching	Indoor Pool
			1800	Foam Roll & Stretch - Shiela	Portside
FRIDAY			1800-1845	Shallow H2O aerobics	Indoor Pool
915	See special schedule	Radford	SATURDAY		
1115	See special schedule	Radford	0900-1000	See special schedule	Radford
1630	Tuff Girls Fast Fridays - Shiela	Portside			
1630-1800	Lap Swim	Indoor Pool			
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

**Special Schedule located at  
Radford's front desk**



**Dec 8 @ 0700**

**Jingle Bell Fun RUN**





# December 2017 Group Fitness Descriptions

**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.

**NOFFS Functional Fitness:** 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 Yoga:** Emphasizes strength, flexibility and core work. Breathe, sweat and FLOW to help improve overall body conditioning.

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

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

**Relax Yoga:** A slower, more meditative series of stretches to help relieve stress and restore balance to your mind, body and spirit

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

**Six Pack Abs:** 30 minutes of fun abs

**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.

**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.

