

Corry Group Fitness Schedule September 2025

Monday

0800 - 0845	Pillar 360	Family Fit A
0915 - 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

0915 - 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
0915 - 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

0915 - 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

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

Wenzel Fitness Center
850-452-6198
Bldg. 3711

Staffed
Mon-Sun 0400-0000

24/7 Access

See front desk for more details



MWR PENSACOLA PENSACOLAMWR

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NASP Group Fitness Schedule September 2025

Monday			Tuesday		
0915 - 1000	Flow Yoga	Radford	0915 - 1000	Barre	Radford
1115 - 1200	"Func" Fitness	Radford	1015 - 1045	Ultimate Core	Radford
1615 - 1700	Spin	Radford	1700 - 1800	Slow Flow Yoga	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	1700 - 1745	Restorative Yoga	Radford
Friday			Radford Fitness Center 850-452-9845 Bldg. 4143 STAFFED Mon-Fri 0500-2100 Sat & Sun 0800-1600 <		



9/11 SILENT REMEMBRANCE WALK

**Thurs. Sept 11
0800 • Portside Lawn**

- Walk will start at the flagpole between the Mega building & Portside lawn
- A moment of silence will be held, followed by a reading of the events of 9/11
- Walk lead by the Police Department
- Police Department presentation



Scan QR code to participate • All eligible patrons welcome



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