



Volume 27 Number 7

# At Ease

July 2018

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



## Saturday, July 28

### 10 am - 2 pm

**Barrancas Sports Complex**

**Wear your bathing suit!**

**Bring Towels & Lawn Chairs**

**GIANT Water Slides**

**~ Spider Mountain**

**~ Fun For All Ages**

**~ Other Inflatable Games**

**Food & beverage available for purchase**

**For info call 850-452-3806**

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

## 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*





## 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**



# 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*

## NAS PENSACOLA LIBRARY

**250 CHAMBERS AVE - BLDG 634**

**MONDAY - FRIDAY**

**1100-1900**

**SATURDAY & SUNDAY**

**1200-1700**

**CALL 452-3194**

**FOR MORE INFO**







# FLACK *and* FLOAT

**JULY 18<sup>TH</sup> AT CORRY POOL**

**POOL OPENS AT 7 PM  
STARTS AT DUSK**

**PIZZA AND DRINKS  
AVAILABLE FOR PURCHASE!**



## Check Out Our Treats & Sweets!

Root Beer Floats

Root Beer Freezes

Polar Swirls ~ M&M's, Reese's

Cookie Dough,

Oreos

Sundaes ~ Caramel, Strawberry  
Hot Fudge, Chocolate

Ice Cream Cones

Milk Shakes



Located in the Portside Food Court, Building 3912

## Blue Angel Park

Saturday, Sunday, Monday & Holidays ♦ 9 am - 3:30 pm ♦ 850-390-6133



**Danger Zone Paintball**  
is great for command functions,  
team building and group outings.

Call ahead to the  
Outpost Marina at 850-281-5489  
and schedule an event  
for Friday - Monday.



# PORTSIDE TWIN CINEMA

# FREE MOVIES

# ALL DAY ON WEDNESDAYS



## STARTS AT NOON

## 452-3523

**BOX OFFICE OPENS AT 11 ON WED. GET YOUR TICKETS EARLY**

### 2018 NAS PENSACOLA CAPTAIN'S CUP



**RACQUETBALL**

(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 RECREATION



**Foot Golf**

**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





# 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



**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



**TICKETS & TRAVEL  
OFFICE**

**Navy Shopping Mall**

Bldg. 3787, across from the NEX on Corry Station

**Hwy 98 • 850-452-6354**

Email us at: [nasptickets@gmail.com](mailto:nasptickets@gmail.com)

Monday - Friday ..... 9 am - 5 pm

Saturday ..... 10 am - 1 pm

Sunday & Holiday..... Closed

Book your next vacation now!







Located In The Portside Food Court  
Building 3912

**Every Monday  
\$1 Cheeseburger**



**Every Tuesday  
\$1 Coney Dog**

**A&W All American Food**

Located in the Portside Entertainment Center  
850-453-8196

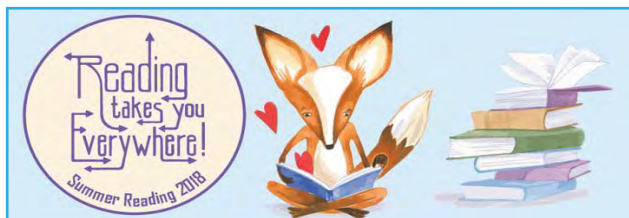
**Limited Time Offer**



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

**Your Choice Only \$3!**

NASP Library Summer Reading Program  
"Reading Takes You Everywhere"



**All Reading Programs Events are from 1-2 pm  
NASP Library, Bldg. 634**

Week 4, July 06: Australia/Antarctica

Week 5, July 13: Asia

Week 6, July 20: South America

Week 7, July 27: North America

Week 8, August 3: End of the Program Party

For more information, call 850-452-4362



**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 July 17-19 Ages 11-15 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](http://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





# VACATION <sup>with us</sup> THIS FALL.



## Navy Getaways

Stay • Play • Relax



Offering RV Parks, Campgrounds & Vacation Rentals  
Prime Locations Worldwide & Affordable Rates  
[WWW.NAVYGETAWAYS.COM](http://WWW.NAVYGETAWAYS.COM)  
1-877-NAVY-BED • #NAVYGETAWAYS



## NASP CORRY STATION SOFTBALL



[10 vs. 10]

**JUNE 6 – AUGUST 9, 2018**

(Tentative Dates)

**NASP Corry Softball Fields**



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 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





## 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.

July 7, & 21 Beginner 10 am - 3 pm \$40

July 14 & 28 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**

## 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

## 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





# Youth Bowling Camp



**July 11-13**

**Wed - Fri 9am - 1pm**

**\$65 and lunch included**

**Ages 5-18 yr**

Videos, Fundamentals, Drills, Lane Play,  
Spare Shooting, and Scoring

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

NATIONAL

# HOT DOG DAY

JULY 18, 2018



**Nathan's**  
FAMOUS

**Hot Dogs**

**\$2.00**

**All Day @ Corry Grill**

Corry Bowling Center  
850-452-6380



**Saturday**

**July 28, 2018**



**National Day of The Cowboy**

**Special Cosmic**

**7 - 9:30 PM**

**Country Music**

**Cosmic**

**\$12 per person**

**\$10 if dress in your**

**Best Cowboy/girl Outfit**

**\$6 Youth 6 and under**



**Call**  
**Corry Bowling Center**  
**For Reservations**  
**850-452-6380**



## 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**





# Sailing Camps

## BIG Kidz Camp

Bayou Grande Marina (M-T-W-R-F)

Ages 10-16 8 am - Noon

S2 July 16-20 S3 July 23-27

Session 1 & 2: \$100 - \$110 - \$120

Session 3: \$60 - \$70 - \$80

(Must attend Session 1 or 2 to attend session 3)

## Lil Kidz Camp

Bayou Grande Marina

Ages 7-9 1 - 4:30 pm (R-F)

July 19-20 \$40 - \$50 - \$60

Water tests must be passed before registration

Aquatic Office—850-452-9429 ♦ nasplgstaff@yahoo.com

<https://www.facebook.com/naspaquatics>

## SWIM LESSONS

### NASP - Mustin Pool

#### Water Babies:

\$30 mil - \$35 DoD - \$40 Civ

Saturdays at Mustin Pool 9 - 10 am

Session 2: July 7, 14, 21 & 28

Session 3: August 4, 11, 18 & 25

**Day Care Swim Lessons:** Mustin Pool (Tu-W-Th-F)

Classes for NASP Day Camp & CDC Only

7 - 7:45 am \$25 Mil - \$30 DoD

July 17-20, & July 24-27

Day Camp & CDC provides transportation

#### Morning Group Swim Lessons:

Mustin Pool (Tu-W-Th-F)

\$50 Mil - \$55 DoD - \$60 Civ

Ages 6 & Up 8 - 8:45 am

Ages 3-4-5 8:50 - 9:20 am

July 17-27

#### One-On-One Swim Lessons: NAS & Corry

Mustin & Corry Station Pools

\$15 for 30 minute session All ages

Based on Availability of Instructor

#### Corry Station

#### Morning Group Swim Lessons:

Corry Pool (Tu-W-Th-F)

\$50 Mil - \$55 DoD - \$60 Civ

Ages 6 & Up 8 - 8:45 am

Ages 3-4-5 8:50 - 9:20 am

July 17-27 Limited Space Available

#### Evening Group Lessons: Corry Station Pool (Tu-W-Th-F)

\$25 Mil - \$30 DoD - \$35 Civ Ages 3 & up

4:45 - 5:15 pm, Beginners & 5:20 - 5:50 pm, Intermediate

July 10-13, July 17-20 & July 24-27,

July 31-August 3, August 7-10, August 14-17,

August 21-24 & August 28-31,



For more information,  
call 850-452-9429



## MUSTIN POOL HOURS FOR JULY

### REC SWIM

Tues. - Fri. 1200-1800

Sat. 1000-1800

Sun. & Holidays 1200-1800

### LAP SWIM AT MUSTIN

Separate lap pool

Tues. - Fri. 1100-1800

Sat. 1000-1800

Sun. & Holidays 1200-1800

### LAP SWIM AT INDOOR

Tues. & Thurs. 1630-1800

### 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.

### BARRANCAS BEACH

Daily 1000-1800



**Grills & Cabanas**  
*first come first serve*



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



For more info call 850.452.9429 or go to  
[www.navywmwpensacola.com](http://www.navywmwpensacola.com)



## CORRY POOL HOURS FOR JULY

### PROGRAMS AVAILABLE

#### SWIM LESSONS

All levels and all ages

For more info call 452-9429.

#### MASTERS

Mon. & Fri. 1700-1800

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 1800-2100

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.navywmwpensacola.com](http://www.navywmwpensacola.com)



## 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:

Solo: A Star Wars Story ♦ Tag  
Action Point ♦ Adrift ♦ Superfly  
Hotel Artemis ♦ Ocean's 8  
Incredibles 2 ♦ Hereditary

**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 ADVANCED SCREENING!

**July 7  
5 pm**

**RATED  
PG-13**



**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

### FREE ADVANCED SCREENING!



**July 21  
12:30 pm**

**Rated  
PG**

**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

### FREE ADVANCED SCREENING!

**July 4  
6:30 pm**

**RATED  
PG-13**



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



## NASP GROUP FITNESS SCHEDULE JULY 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	Mixed 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
0915-1000	Spin - Andi	Radford	1800-1845	Skill Pro	Mustin Pool
1015-1100	Yoga - Myah	Radford	THURSDAY		
1115-1215	Paddle Board - Andi	Bayou Grande	0900-1000	Zumba - Veronica	Radford
1115 - 1215	Guts & Glutes - Veronica	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
			1730	Foam Roll & Stretch - Shiela	Portside
FRIDAY			1800-1845	Aqua Aerobics	Mustin Pool
0915-1015	Spin - Andi	Radford	1800-1845	Skill Pro	Mustin Pool
1630	Fast Fridays - Shiela	Portside	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
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Fire Hose 5k  
 July 20 @ 0900  
 Radford Fitness Center





# CORRY GROUP FITNESS SCHEDULE JULY 2018

MONDAY			WEDNESDAY		
730	Balance 30 - Lu	Wellness	900	Step Out - Lisa	Wellness
900	Line Dancing -Dennexx/Shapree	Family Fitness	900	Spinning - Bob	Wellness
1000	Family Yoga - Vina	Family Fitness	945	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	Cardio & Strength	Family Fitness	1400	Restorative Yoga - Myah	Wellness
1230-100	Step Out - Lisa	Wellness	1400-1700	Strength Training - Tim	Wellness
1400-1700	Strength Training - Tim	Wellness	1630	Spinning - Lena	Wellness
1700	Master's Swim	Corry Pool	1630	Toddlercize	Family Fitness
1630	Spinning - Lena	Wellness	1700	Kids Power Hour - Dennexx/Jessica	Family Fitness
1600	Zumba - Veronica	Family Fitness			
1700	Box Mania	Family Fitness	THURSDAY		
TUESDAY			600	Spinning - OT	Wellness
600	Spinning - Bob	Wellness	730	Balance 30 - Lu	Wellness
900	Boxing w/a Twist - Dennexx	Family Fitness	900	Toddlercize	Family Fitness
1000	Thai Chi	Family Fitness	1000	Spin Crazy - Dennexx	Family Fitness
1100-1300	Strength Training - Tim	Wellness	1100-1300	Strength Training - Tim	Wellness
1400-1700	Strength Training - Tim	Wellness	1400	Strength & Core	Family Fitness
1700	Line Dancing -Dennexx/Shapree	Family Fitness	1400-1700	Strength Training - Tim	Wellness
			1700	Cycling - Dennexx	Family Fitness

FRIDAY		
900-1200	Strength Training - Tim	Wellness
900	Line Dancing -Dennexx/Shapree	Family Fitness
900	Spinning - Bob	Wellness
915-945	Balance 30 - Lu	Wellness
1000	Thai Chi	Family Fitness
1000	Aqua Aerobics	Corry Pool
1300-1600	Strength Training - Tim	Wellness
1700	Master's Swim	Corry Pool

**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: 0800-1800

Sat, Sun & Holidays: Closed

**AQUATICS - 850.452.6317**

Call for hours of operation



**Fire Hose 5k  
July 20 @ 0900  
Radford Fitness Center**



# July 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.

