



Volume 26 Number 9

At Ease

September 2017

NAS Pensacola & NASP Corry



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MWR Pensacola

GO MOBILE!
"navylifepensacola"



www.navymwrpensacola.com

MWR General Information: 850-452-3806

SKI BEACH GEAR RENTALS



John Towers Rd. Bldg. 3487 281-0134

KAYAKS • PADDLE BOARDS • MOUNTAIN BIKES • CAMPING • FISHING • GAMES

ROWING CHALLENGE



CONCEPT2 PRIZES

**INDIVIDUALS ROWING
100,000M OR 200,000M**

*Additional prizes to be announced

SEPT 15 - OCT 15

SE REGIONAL FALL ROWING CHALLENGE

Team NAS Pensacola is in competition with other military/civilian organizations in the Concept2 Challenge

Register at the front desk • Deadline to register is Sept 30th

RADFORD • PORTSIDE • WENZEL • WELLNESS • FAMILY FITNESS

Log all meters in the "Rowing Log" at the facility of your choice.

Teams with at least 10 members and where at least 10 members have rowed/skied 100,000 meters or more, will be entered into a drawing to win the team's choice of either a Model D or Model E Indoor Rower, or a SkiErg!

GET GOLF READY

Lesson Plans (Week-to-Week)

LESSON ONE

Introduction to Golf

Posture, Grip, Aim (PGA)

Introduction: Putting

Introduction: Fitness/Warm-up

LESSON TWO

Review: LESSON ONE

Introduction: Chipping, Pitching, and Greenside Bunkers

LESSON THREE

Review: LESSON ONE & TWO

Introduction: Full Swing - Irons

Introduction: Fairway, Rough, and Fairway Bunkers

LESSON FOUR

Review: LESSON THREE

Introduction: Full Swing - Woods, Irons, and Hybrids

LESSON FIVE

Review: LESSON FOUR

PLAY GOLF



Lessons Presented by:

A.C. Read Golf Club Professionals

Josh Meador, PGA

Wayland Abernathy III, PGA

Fall 2017 Sessions:

Sept. 11 - Oct. 9 (Mondays)
1700-1800

Sept. 14 - Oct. 12 (Thursdays)
1700-1800

Sept. 16 - Oct. 14 (Saturdays)
0800- 0900

Cost:

Active Duty/Retired & Families \$89
Civilian Guests \$99



Stop by the Golf Shop to register for the session that fits your schedule.
For more info call Josh or Wayland at A.C. Read 452-2454

AutoRama Resale Lot

NEX Mall Hwy. 98 ♦ 850-452-6542



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

Auto Skills Center

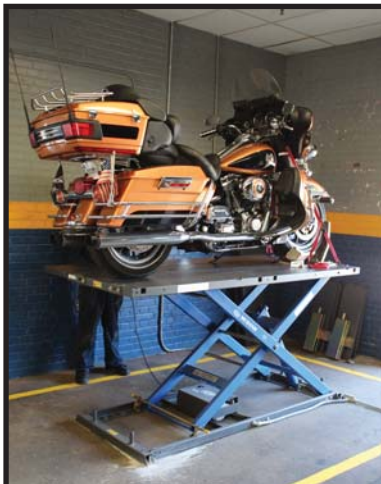
Tuesday - Saturday ♦ 11 am - 7 pm ♦ 850-452-6542
NASP Corry, Building 1006

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**

Hours of Operation

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

Portside Twin Cinema

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

FREE ADVANCED SCREENING!



**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



**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:

Detroit ♦ Kidnap ♦ The Dark Tower
Annabelle: Creation
Nut Job 2: Nutty By Nature
The Glass Castle ♦ Logan Lucky
The Hitman's Bodyguard

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

Saturday, September 23, 2017

Special Cosmic

7pm – 9:30 pm

\$10 per person



Corry Bowling Center 850-452-6380



Which are you?



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**

September 10, 2017

**National
Grandparents'
DAY**

**Grandparents bowl for
FREE**

(up to 6 games)

**when accompanied by a
grandchild
at Corry Bowling Center**



SEPTEMBER 18, 2017

NATIONAL CHEESEBURGER DAY



1/4 lb Cheeseburger

\$3.00

Corry Grill

**WINTER LEAGUES
NOW FORMING**

**Wednesday Morning Ladies Fun Seekers
September 6, 2017 @ 0900**

**Wednesday Night Swingers
September 6, 2017 @ 1800**

**Thursday Night Trio
Meeting August 31, 2017 @ 1800
Bowl September 7, 2017 @ 1830**

**Saturday Youth League
September 9, 2017 @ 1000**

**Monday Let the Good Times Roll
September 11, 2017 @ 1800**



**For additional information contact
Corry Bowling Center
850-452-6380**



Sandpit Medicine Ball Volleyball

Tuesday, September 19th @ 1200 & 1700
Corry Wenzel Gym Sand Volleyball Courts

Open To All Authorized MWR Patrons

Teams of 3 will compete for 3 round bouts lasting one minute each. The goal is to catch the medicine ball then toss it back across the volleyball net. Teams will receive points when opposing team allows medicine ball to hit the deck.



For Information, call 850-452-6198

Save The Date For



Saturday, September 23

0900 - 1300

Corry Youth Ballfields - Hwy 98

FREE FUN ACTIVITIES FOR ALL AGES

Obstacle Course Sack Races Face Painting
Football Toss Bounce House
and more

Snow Cones~\$1



Bottled Water~\$1



Popcorn~\$1



Any Questions
Call 850.452.2417



NAS PENSACOLA CAPTAIN'S CUP ADVENTURE RACE Saturday, September 30, 2017



Blue Angel Park

Check-in Time 0830

Deadline to Enter:

September 22, 2017 @ 1100



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



2017 FALL START SMART SPORTS DEVELOPMENT PROGRAM



IS YOUR CHILD READY FOR SPORTS?

The National Alliance for Youth Sports and Navy Pensacola Youth Program present the Start Smart Sports Development program.

What: Start Smart is a six-week instructional program that helps parents work one-on-one with their children while teaching them the basics of sports: throwing, catching, kicking and batting. The program helps prepare children for organized youth sports by using safe and fun equipment to teach them the basic motor skills needed to compete.

Who: Start Smart is open to children (3-5) years old who can attend each session with their parent or another significant adult to prepare for organized sports. Open to authorized dependents...

Where: Start Smart will be held at the Hwy 98 Sports Complex for six consecutive Wednesdays/Thursdays.

When: Wednesday or Thursday 1600-1700,
September 6 - October 12

No Cost: Parent must be present and participate - Open to authorized dependents...

To register, please call 850.453.3490 or 850.293.0547
or stop by the Corry Youth Center and sign up
between August 1- 25

Sign up starting
Monday, July 17th

\$50 per junior
for all eligible
MWR patrons



2017 FIRST TEE PROGRAM

New enrollees Ages 5 - 7
will be in the Target Level
Ages 8 - 12
will be in the PLAYer Level

*Juniors must have gone through TARGET to participate
in the PLAYer/PAR class or be experienced if age 9 or below

FALL CLASS SCHEDULE

TARGET CLASS
Tuesdays (1 hour)

Aug 22 - Oct 17
1530 - 1630

Wednesdays (1 hour)
Aug 23 - Oct 18
1530 - 1630

PLAYer/PAR CLASS
Tuesdays (1 hour 30 min)

Aug 22 - Oct 17
1700 - 1830

Wednesdays (1 hour 30 min)
Aug 23 - Oct 18
1700 - 1830

Each class will have 12 juniors MAX

Sign up at Corry Station Youth Center
For more info call Josh Meador at A.C. Read 452-2454

NAS PENSACOLA FLAG FOOTBALL

September 11, 2017



Barrancas Sports Complex

Deadline to Enter - September 1, 2017 at 1600
Coaches Meeting - September 5, 2017 at 1100
in Portside Gym Bldg. 627 NAS Pensacola

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

PARTY PACKAGES



Plan your next party or event with
the help of MWR. We offer a variety
of party packages for any occasion.

Corry Bowling Center 452-6380

Available Times: Sat. 1330 & 1600
Sun. 1330
Cost: \$80 Includes Cosmic Bowling, 2 lanes
for 2 hours, shoes, sodas, and party supplies
(Additional lanes \$8)

Birthday Meals: \$4 per person
No outside food allowed except for cake and
ice cream
MWR Birthday Bowling Pin \$20 (upon request)



Portside Cinema 452-3523

Available Times: Sat. or Sun.
1000, 1200, 1230, 1430, or 1500
Cost: \$120 Includes 30 guests, movie,
and popcorn. No outside food allowed except
for cake and ice cream
\$25 deposit due 10 days prior to event
(Additional guests are \$4 each)

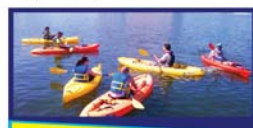
Bayou Grande Marina 452-4152

Crow's Nest Room Rental
Package available during daylight hours,
(Oct-Mar) 800-1500, (Apr-Sep) 0900-1600
Cost: \$250 for room only
\$300 for room plus up to 12 kayaks,
paddleboards, or canoes.
\$150 refundable cleaning deposit



Ski Beach Recreation 281-0134

Available Times: Daylight hours year round
Cost: \$50 required when booking
Includes use of pavilion (holds 25 people)
2 kayaks and 2 paddleboards for 3 hours
(additional time can be purchased for \$5 per
rental per hour.)



PARTY PACKAGES



MWR Aquatics Pool 452-9429

Available Times: Tues. - Sun. 1900-2200
Cost: Includes at least 2 lifeguards for 3 hours
\$150 1-75 people (\$30 each add. hour)
Additional pricing available for more than 75 guests

The All-Navy SPLASH test will be administered
at the beginning of the party to all patrons 17
and under who do not possess a valid 2017
SPLASH card. Individuals that don't pass
must remain in water that does not go above
their armpits.

Outside food and beverage is allowed in
designated areas only.



Blue Angel Park 281-5489

Paintball Party
Available Times: Field is available for rent
Fri-Mon (Must be 12 yrs old to play)
Cost: \$100 required when booking
Includes field fee and equipment for 10 guests.
(additional guests \$13 military and \$18 civilian)
Paint must be purchased on site.



We want your feedback
navymwrpensacola.com/online-survey

For more info on activities offered
by MWR please visit our website
navymwrpensacola.com



NAS PENSACOLA CAPTAIN'S CUP HORSESHOE TOURNAMENT

September 25, 2017



(4 Person Team, Lunch Time Event)

Barrancas Sports Complex

Deadline to Enter: September 15, 2017

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

We Need YOU!

Child Development Homes (CDH) are in high demand.

By being a CDH Provider you'll be able to:

- Earn money while staying at home
- Have a transferable career when you PCS
- Access FREE Training, monthly support, and a lending library
- Support military families by providing quality care



For more information call:

(850) 458-6588



MWR Pensacola

www.navymwrpensacola.com

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MWR Aquatics 34th Annual SWIM STROKE CLINIC

September 5 - 22 ♦ Mustin Pool, Bldg. 3201

6 - 7 pm ♦ Tuesday - Friday



Only \$30 per person

Open to all school age children.
25 yard swim on front and on back required.

This clinic will focus on technique for the
four competitive strokes, starts & turns.



For more information or to register,
call MWR Aquatics at 850-452-9429

NAS PENSACOLA CAPTAIN'S CUP DISC GOLF TOURNAMENT



(4 Person Team)

September 22, 2017

Radford Fitness Center

Deadline to Enter September 19, 2017

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



For More Information, Contact Your Command Sports Representative
or Call the NAS Pensacola Sports Office: 850-452-4391/4392



**WE WANT YOUR
FEEDBACK**

PLEASE TAKE OUR SHORT SURVEY
www.navymwrpensacola.com

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 ♦ 9 am - 5 pm ♦ 850-452-4152

Saturday Morning Sailing Classes



It Only Takes
One Saturday Morning Class
To Be Certified
To Rent Our Sailboats!

September 2 & 16 Beginner 10 am - 3 pm \$35
 September 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 / \$35.00
- 14' Laser: \$7.50 / \$38.00
- 18' Hunter: \$8.50 / \$43.00
- 19' Flying Scot: \$9.00 / \$45.00
- 22' Catalina: \$19.00 / \$100.00
- Canoes & Kayaks: \$6.00 / \$30.00 (No class required)
- Paddleboards: \$6.00 / \$30.00 (No class required)

*Rent A Boat,
It's Cheaper
Than Buying One!*



Proudly serving the
Military since 1936.

[Start Quote](#)

<https://www.geico.com/landingpage/go414/?soa=87579>

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



**Limited Time
Offer**

BBQ BACON CRUNCH BURGER



**EAT
BOLD**

SINGLE \$4.25 ♦ COMBO \$7.25
DOUBLE \$5.25 ♦ COMBO \$8.25

NASP GROUP FITNESS SCHEDULE SEPTEMBER 2017

MONDAY			TUESDAY		
900	Circuit - Robin	Radford	530-730	Lap Swim	Mustin Pool
1015	Zumba - Veronica	Radford	900	Pilates - Keri	Radford
1115	Pilates - Keri	Radford	0900-0930	TTCT - Chris	Portside
1200	NOFFS Functional Fitness	Portside	0930-1000	TTCT - Chris	Portside
1630	NOFFS Functional Fitness	Portside	900	Paddle Board - Andi	Bayou Grande
1600-1645	Cardio Kickboxing - Roger	Radford	1000	Strong by Zumba - Veronica	Radford
1700-1745	S.A.C. - Ann	Radford	1030-1100	"Six Pack" Abs - Chris	Portside
1630	Master's Swim	Mustin Pool	1100-1130	TTCT - Chris	Portside
1800-1845	Relax Yoga - Dana	Radford	1100-1300	Lap Swim	Mustin Pool

WEDNESDAY					
530-730	Lap Swim	Mustin Pool	1115	Chaos Spin - Alyssa	Radford
0615-0700	Chaos Spin - Michal	Radford	1130	SUP Fitness - Andi	Bayou Grande
915	Spinning - Andi	Radford	1130-1200	TTCT - Chris	Portside
1100-1300	Lap Swim	Mustin Pool	1600-1645	Spinning - Regine	Radford
1130	ABsolute - Andi	Radford	1600-1800	Lap Swim	Mustin Pool
1200	NOFFS Functional Fitness	Portside	1700-1745	TRX - Roger	Radford
1600-1645	Zumba - Veronica	Radford	1630	Master's Swim	Mustin Pool
1630	NOFFS Functional Fitness	Portside	1630	Master's Swim	Indoor Pool
1600-1800	Lap Swim	Mustin Pool	1800-1845	Yin yoga - Lela	Radford
1700	Circuit - Robin	Radford	1915	Aqua Aerobics	Mustin Pool
1915	Aqua Zumba	Mustin Pool	THURSDAY		

FRIDAY					
530-730	Lap Swim	Mustin Pool	530-730	Lap Swim	Mustin Pool
915	Spinning - Andi	Radford	900	HIIT - Brittany	Radford
1115	Strong by Zumba - Veronica	Radford	0900-0930	TTCT - Chris	Portside
1100-1300	Lap Swim	Mustin Pool	0930-1000	TTCT - Chris	Portside
1600-1800	Lap Swim	Mustin Pool	1000	Zumba - Veronica	Radford
1630	Master's Swim	Mustin Pool	1030-1100	"Six Pack" Abs - Chris	Portside
			1100-1300	Lap Swim	Mustin Pool
			1100-1130	TTCT - Chris	Portside
			1115	PUMP - Michal	Radford
			1130-1200	TTCT - Chris	Portside
			1600-1645	Spinning - Regine	Radford
			1600-1800	Lap Swim	Mustin Pool
			1700-1745	S.A.C. - Ann	Radford
			1630	Master's Swim	Mustin Pool
			1630	Master's Swim	Indoor Pool
			1800-1845	Yoga - Lora	Radford
			1915	Aqua Aerobics	Mustin 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

SATURDAY		
0900-1000	Power Yoga - Lora	Radford
1000-1800	Lap Swim	Mustin Pool
1015	Zumba - Veronica	Radford

SUNDAY		
1200-1800	Lap Swim	Mustin Pool



Corry Group Fitness Schedule September 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	Stuck in the Mud Cycling - 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	1400-1700	Strength Training - Tim	Wellness
1400-1700	Strength Training - Tim	Wellness	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
1130	PRT Run Improvement-Leon	Wenzel	1100-1300	Strength Training - Tim	Wellness
1400-1700	Strength Training - Tim	Wellness	1130	PRT Run Improvement-Leon	Wenzel
1630	Kids Zumba - Barbara	Family Fitness	1400-1700	Strength Training - Tim	Wellness
1730	Pump Cycle - Dennexx	Family Fitness			

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

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

**NEW
HOURS!!!!**



September 2017 Group Fitness Descriptions

ABsolute: Saluting your ABs to the fullest. A 30 minute abs/core class taken to the next level!!

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.

Paddle Board, SUP Fitness, Fitness OnBoard: Come check out the hottest thing in fitness – bring a towel, sunscreen and water! Bayou Grande Marina.... 452-9845 for more info!

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.

