

# CORRY STATION GROUP X JUNE 2026



## Family Fitness Center Bldg. 3712

850 - 452 - 6004 / 6802

Mon - Fri 0600 - 1900

Closed Sat, Sun & Holidays

## Wenzel Fitness Center Bldg. 3711

850 - 452 - 6198

Mon - Sun 0400 - 0000

**24/7 Access**

	FAMILY FITNESS CENTER	WENZEL FITNESS CENTER
<b>MON</b>	0815 - 0900 Pillar 360 0915 - 1015 Full Body Strength 1030 - 1130 Toddlersize 1600 - 1700 Zumba 1600 - 1700 Strength Training	0630 - 0700 Morning Kick Start 1700 - 1730 Insane Abs
<b>TUES</b>	0915 - 1015 Cardio Blast 1030 - 1115 Tai Chi 1100 - 1200 Strength Training 1600 - 1645 Spin 1600 - 1700 Strength Training	0630 - 0730 NOFFS Bootcamp 1700 - 1800 Get in the Zone
<b>WED</b>	0815 - 0900 All In 0915 - 1015 Spin 1030 - 1130 Toddlersize 1600 - 1645 Zumba 1600 - 1700 Strength Training	0630 - 0730 Morning Kick Start 1700 - 1730 Cardio Blast
<b>THURS</b>	0915 - 1015 Full Body Strength 1030 - 1130 Zumba 1100 - 1200 Strength Training 1600 - 1700 Spin 1600 - 1700 Strength Training	0630 - 0730 NOFFS Bootcamp
<b>FRI</b>	0900 - 1000 Zumba 1030 - 1115 Tai Chi 1100 - 1200 Strength Training 1700 - 1730 Strength Training	0615 - 0700 Flex Friday

Wenzel Fitness Center  
June 25 • 1500

## SQUAT COMPETITION

Want to show off your lower body strength? Come out to the Wenzel Fitness Squat Competition & claim your bragging rights!

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# NASP GROUP X JUNE 2026



**Radford Fitness Center Bldg. 4143**  
850 - 452 - 3768  
Staffed Mon - Fri 0500 - 2100  
Sat - Sun 0800 - 1600

**24/7 Access**

**Portside Fitness Bldg. 606**

850 - 452 - 7810  
Staffed M-TH 0500 - 2200 F 0500 - 2100  
*Mon - Fri 1430 - 2200 E-4 & Below*  
Sat - Sun 0800 - 2000

**24/7 Access**

	RADFORD GROUP CLASSES		PORTSIDE GROUP CLASSES	
<b>MON</b>	0915 - 1015	Flow Yoga**		
	1115 - 1200	Shred & Burn**		
	1615 - 1715	Spin+Lift 30/30**		
<b>TUES</b>	0600 - 0700	NAVY FIT*		
	0915 - 1000	Total Cardio**		
	1500 - 1600	NAVY FIT*		
	1615 - 1715	Slow Flow Yoga		
<b>WED</b>	0600 - 0700	NAVY FIT*		
	0915 - 1000	BarreLates**		
	1015 - 1100	Zumba	1600 - 1700	Functional Fitness
	1500 - 1600	NAVY FIT*		
<b>THURS</b>	0600 - 0700	NAVY FIT*		
	0915 - 1015	Arms & Abs**	1600 - 1700	Foam roll/stretch
	1500 - 1600	NAVY FIT*		
<b>FRI</b>	0915 - 1000	Spin**		
	1015 - 1100	Yin Yoga		
<b>SAT</b>	0915 - 1000	Zumba		

\* AD is Active Duty only

\*\* Class taught by Fitness Specialist

*Got a minute?*  
*take the MWR*

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