MWR
MORALE, WELFARE AND RECREATION
NAS PENSACOLA

Februray 2020

Volume 30 Number 2

At Ease

Serving NAS Pensacola & NASP Corry Station

Contact Us:
MWR General Information
(850) 452-3806
450 Radford Blvd
Bldg. 4143
Monday - Friday
7:30 am - 4 pm

CLICK HERE TO TAKE OUR SHORT SURVEY

WE WANT YOUR FEEDBACK

www.navymwrpensacola.com

Like Us On Facebook

"MWR Pensacola"

DOWNLOAD our app:
"Navy MWR Pensacola"

NavyMWR Pensacola

Available on the App Store

GET IT ON Google play

TRAVEL.

LET'S EXPLORE

11:30 AM - 12:30 PM

FEB 20

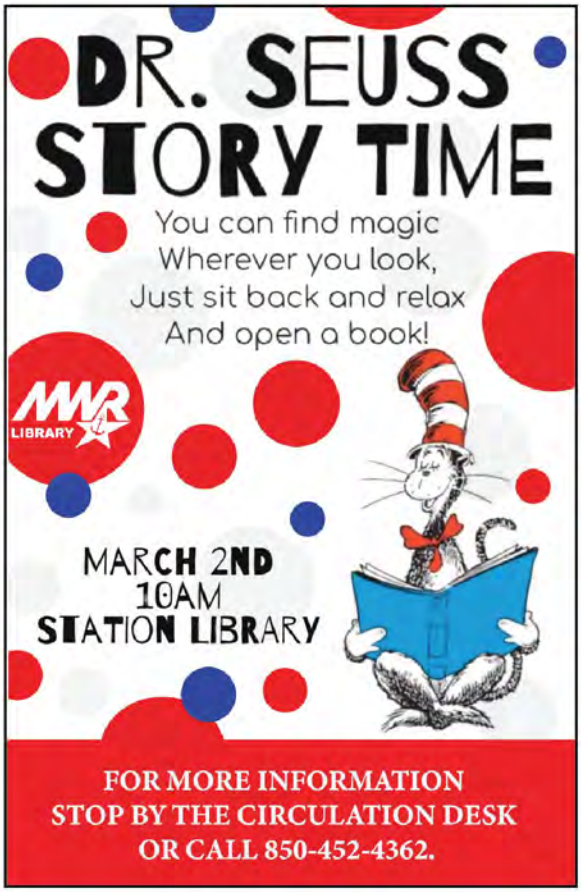
MUSTIN BEACH CLUB

DISNEY 101

It's time to start planning your Spring Break & Summer vacations! Let us help you plan the perfect vacation for you and your family.

Come learn about the insider tips to save money on hotels and tickets.

Light refreshments and giveaways will be provided. FREE event but please RSVP at the Tickets & Travel Office or call 452-9429.



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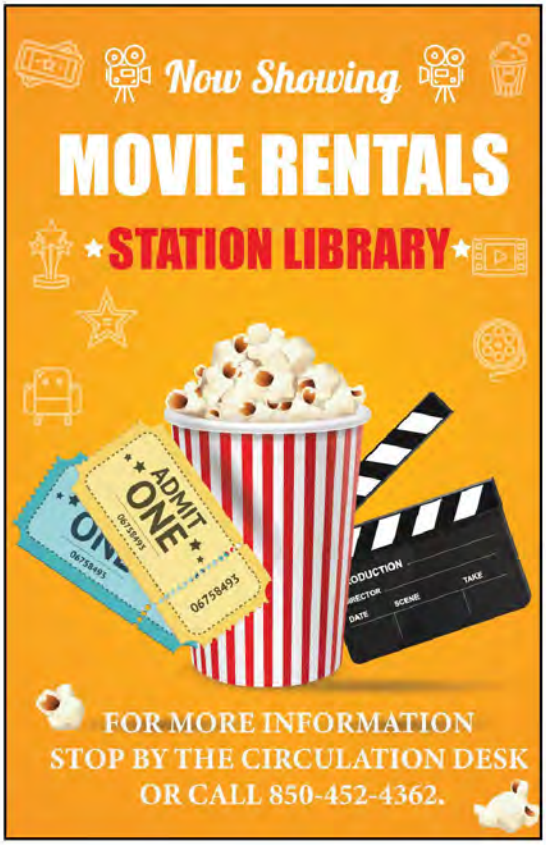
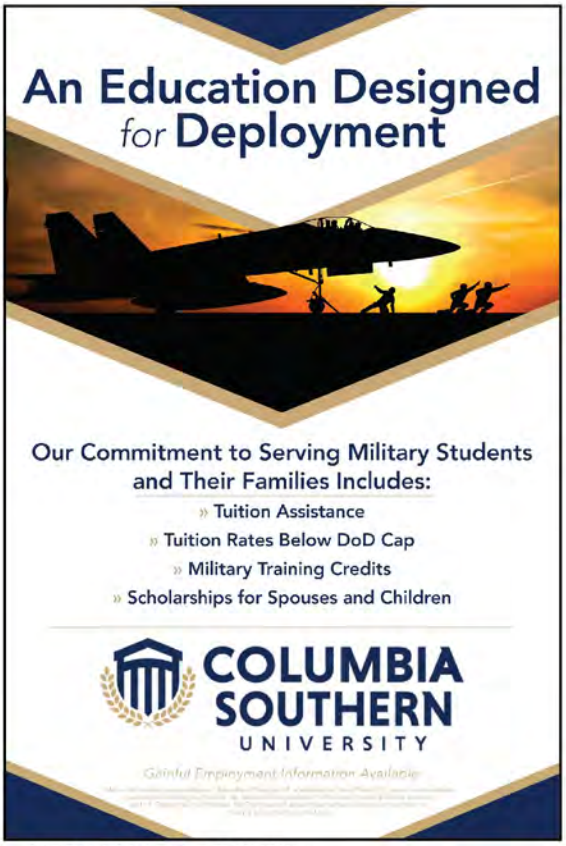
Sponsorship of this event does not imply endorsement by the Federal government of products or services.





https://www.columbiasouthern.edu/lp/mil?utm_-source=NAS%2BPensacola&utm_medium=Banner&utm_content=2020%2BNAS%2BNewsletter&utm_campaign=Military&adCode=5001

PORTSIDE TWIN Cinema
NAVAL AIR STATION PENSACOLA

Box Office Opens 9 AM 850-452-3523
Movie Info (recording) 850-452-3522

Affordable Admission Fees
Adults: $4 ~ 3D is $5
Children 6 - 11 yrs: $2 ~ 3D is $3
Children 5 yrs & under: FREE

Upcoming Movies:

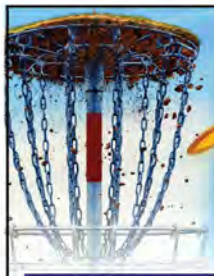
Like A Boss ◆ Underwater
Bad Boys for Life
Dolittle ◆ Run
1917 ◆ Just Mercy
The Gentleman ◆ The Turning
Gretel & Hansel

SKI BEACH
COMMUNITY RECREATION AREA
Located on Bayou Grande Marina

Outpost Rentals:
- KAYAKS & PADDLE BOARDS
- CAMPING & FISHING GEAR
- MOUNTAIN BIKES
- BOUNCE HOUSE & PARTY RENTALS

- FISHING PIER
- *NEW* PLAYGROUND
- NATURE TRAIL
- SHADED PAVILIONS & PICNIC AREAS
- PRIVATE PARTIES & COMMAND FUNCTIONS

DOWNLOAD our App
FOLLOW US
MWR PENSACOLA



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!

Radford Disc Golf Course
Open Mon - Sat
Rental discs are available at Radford Fitness Center.
Course behind the Fitness Center
450 Radford Blvd. Pensacola, FL 32508
For more info call (850) 452-9845

9 Holes
Beginner Course

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

Blue Angel Park Disc Golf Courses
Open Thurs - Mon
Rental discs are available at Blue Angel Park Outpost Marina.
2100 Bronson Rd. Pensacola, FL 32506
For more info call (850) 281-5489

Palmetto Course
18 Holes
Amateur Course

Pines Course
18 Holes
Intermediate Course

Oaks Course
18 Holes
Intermediate Course

NAVYMWRPENSACOLA.COM

POP-UP PLAYDATES
2ND & 4TH Tuesdays 10AM-12PM

FEB:
02/11 • Family Fitness
02/25 • Lighthouse Point

Locations will vary on NASP & Corry Station
Subject to change or cancel for inclement weather
MWR PENSACOLA
850-452-3806

Valentine's BASKETBALL

3-POINT SHOOT OUT COMPETITION

WENZEL FITNESS CENTER

FEB 12TH

12PM -1PM
& 4PM - 5PM

FOR MORE INFORMATION CONTACT
WENZEL FITNESS CENTER AT 850-452-6198.

OPERATION HEART 5K

FEBRUARY 14 @ 1500
GYM-TO-GYM RUN
START AT PORTSIDE

NO PRE-REG REQUIRED
OPEN TO MWR ELIGIBLE PATRONS

AWARDS FOR
MALE, FEMALE, & KIDS DIVISIONS
1ST 2ND & 3RD

For more information call 452-7810.

Start signing up now at Corry Youth Center
$50 per junior for all eligible MWR patrons

The First Tee®
Northwest Florida

2020 FIRST TEE PROGRAM

New enrollees Ages 7 - 9
will be in the Target Level

Ages 10 - 13
will be in the PLAYer Level
Limited to first 12 juniors per class

SPRING CLASS SCHEDULE

TARGET CLASS ❶
Tuesdays (1 hour)
March 3 - May 5
1530 - 1630
*Skip Spring Break Week

TARGET CLASS ❷
Wednesdays (1 hour)
March 4 - May 6
1530 - 1630
*Skip Spring Break Week

PLAYer/PAR CLASS
Tuesdays (1 hour 30 min)
March 24 - May 19
1700 - 1830

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

25TH MAR

BENCH PRESS COMPETITION

WEIGH IN BEGINS: 1630
COMPETITION BEGINS: 1700

Lb. for Lb. competition utilizing the Schwartz/Malone Formula
1st , 2nd and 3rd place awards for Male/Female.

PORTSIDE FITNESS CENTER

FOR MORE INFORMATION CONTACT SHIELA BRAND 850.452.7810.

NAS PENSACOLA CAPTAIN'S CUP

BOWLING

3-person team

Starts: February 4, 2020

Games every Tuesday for 8 weeks
Game two game times available at 1500 or 1700

$7 per peron per week

Corry Bowling Center, Bldg. 3738

Coaches Meeting: January 31, 2020 at 1100
in the Corry Station Sports Office Bldg. 3738

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

CORRY STATION CAPTAIN'S CUP

BOWLING

3-person team

Starts: February 10, 2020

Games every Monday for 6 weeks
Game times will be 1100 or 1600

$7 per peron per week

Corry Bowling Center, Bldg. 3738

Deadline to Enter: January 31, 2020
Coaches Meeting: January 31, 2020 at 1100
in the Corry Station Sports Office Bldg. 3738

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

For More Information, Please call
NASP Corry Station Sports Office: 850-452-6520

NAS PENSACOLA CAPTAIN'S CUP

5K RUN

4-person team

Starts: February 14, 2020
at 1500

Portside Fitness Center, Bldg. 606

Deadline to Enter is February 7, 2020 at 1600

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

CORRY STATION CAPTAIN'S CUP

5K RUN

4-person team

Starts: February 14, 2020
at 1500

Portside Fitness Center, Bldg. 606

Deadline to Enter is February 7, 2020 at 1600

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

DISTRIBUTION DOES NOT IMPLY ENDORSEMENT OR RECOMMENDATION BY ESCAMBIA COUNTY PUBLIC SCHOOLS

MWR AQUATICS

Become a
CERTIFIED LIFEGUARD
TODAY!!!

NAS Pensacola MWR Aquatic Team

REQUIREMENTS:
- *15 years of age*
- *Pass Pretest*
- *100% Attendance of Course*

PRETEST:
- *300 yard Swim* (Freestyle, Breaststroke or Combination)
- *2 minute Tread* (without hands)
- *20 yard Brick Retrieval*

PRICE:
Course: $185 (Pretest: $15 + Class: $170)

All classes are held 1730 - 2100

Military, DOD, Contractors, Civilians: ALL ARE WELCOME!

Evening Courses are held aboard NAS Pensacola at the Indoor Pool, Bldg. 3828
A portion of the course must be completed online *prior* to the first class.

FEBRUARY COURSE:
- Pretest Date: *Feb 14 or Feb 18*
- Class Dates: *Feb 20 - Feb 24 & Feb 27*

MARCH COURSE:
- Pretest Date: *Mar 2 or Mar 5*
- Class Dates: *Mar 8 & Mar 12 - Mar 16*

APRIL COURSE:
- Pretest Date: *Mar 30 or Apr 2* (Pre-Test 1) *Apr 13 or Apr 16* (Pre-Test 2)
- Class Dates: (Class 1) *Apr 3, 5 & Apr 9-12* (Class 2) *Apr 17-20 & Apr 23-24*

MAY COURSE:
- Pretest Date: *Apr 27 & Apr 30 & May 18*
- Class Dates: *May 4, 8-11 & May 14*

NAS Pensacola MWR AQUATICS OFFICE:
850-452-9429
naspigstaff@yahoo.com

DAILY SPECIALS

A&W ALL AMERICAN FOOD

Portside Food Court Bldg 3912

MONDAY $6 — CHICKEN SANDWICH OR CHICKEN TENDERS COMBO

TUESDAY $1 — CONEY DAY

MAKE IT A COMBO FOR $3.00 MORE

WEDNESDAY $6 — PAPA BURGER SINGLE COMBO

THURSDAY $1 — CHEESE BURGER

MAKE IT A COMBO FOR $3.00 MORE

FRIDAY $6 — BACON CHEESEBURGER COMBO

SKILL PROFICIENCY

Monday & Thursday 1645-1745

Class for Active Duty to improve your basic swimming strokes! For more info call 452-9429.

MWR AQUATICS

LIFEGUARD

Review Course

Class for ARC Lifeguard Certified Individuals with expiring certification.

$120 Due First Class

Classes at 1730 - 2100

PRE TEST
FEBRUARY 3 & 6
MARCH 20 & 23

CLASSES
FEBRUARY 7, 8 & 10
MARCH 26, 27 & 28

MWR AQUATICS

More info call 452-9429

AUTORAMA RESALE LOT
NEX Mall Hwy. 98

Sell your vehicle fast!

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

SHERMAN COVE MARINA
Open 7 days a week 7 am - 5 pm 452-2212

BOAT RENTALS ~ 7 AM - 5 PM

22' PONTOON BOAT: $28 / $70 / $140
25' PONTOON BOAT: $30 / $75 / $150
17' BOSTON WHALER SKIFF: $15 / $40
17' CAPE HORN: $30 / $75 / $150
21' EDGE WATERS: $35 / $90 / $150

RENTAL INFORMATION
HOURLY - 1 HR
HALF DAY - 3 HRS
FULL DAY - 6 HRS

Fuel Dock 7 am - 5:00 pm

BAYOU GRANDE MARINA
Mon. - Fri. 0900-1700 Sat. & Sun. 0700-1700 452-4152

SATURDAY SAILING CLASSES

Upon successful completion, students will receive United States Naval Sailing Association certificaton, recognized throughout the Navy and Marine Corp.

Friday - Sunday 10 am - 3 pm
Beginner Mate A starts Feb. 1
Intermediate Skipper B starts Feb. 8

Call 850-452-4152 to schedule your sailing class!

BGM BOAT & BOARD RENTAL

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 SCOUT: $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

AUTORAMA RESALE LOT
NEX Mall Hwy. 98

Do your vehicle fast!

- 10 COVERED STALLS
- 3 FRAME LIFTS
- 2 CAR WASH BAYS
- 3 OVERHAUL BAYS
- 5 DRIVE-ON LIFTS
- THOUSANDS OF TOOLS

Our lifts will accommodate motorcycles, ATV'S, Gators, Golf Carts & Lawnmowers.

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

Hours of Operation
Tues - Sat.....11 am - 7 pm
Sun, Mon, & Holidays.....Closed

Corry Auto Skills Center
Bldg. 1006 ★ 850.452.6542

Hours of Operation
Tuesday - Saturday: 11am - 7pm
Sunday & Monday & Holidays: Closed

NO NEW BUSINESS AFTER 6PM.
CLEAN UP STARTS 1 HOUR PRIOR TO CLOSING.

SHOP FEES

AUTORAMA - RESALE LOT	
15 days	$30.00
30 days. . . ★ BEST VALUE	$40.00
STALL FEES (Tools Included)	
Per hour / minimum 1 hour	$ 5.00
All day pass	$25.00
Weekly fee. . . ★ BEST VALUE	$85.00
STORAGE FEES	
Per day - 1st day no charge	$ 5.00
AUTOMOTIVE & MOTORCYCLE LIFT FEES	
per hour	$ 6.50
per day pass. . . ★ BEST VALUE	$35.00
TIRE OPERATIONS	
Valve stem - each	$ 3.00
Patch repair - each	$10.00
Patch repair and rebalance	$15.00
Tire mount / dismount - each	$ 3.00
Tire balancing - each	$10.00
Tire balancing / over 17" & light truck tires	$12.00
Nitrogen - Top Off Only	$ 5.00
Nitrogen (motorcycles & trailers)	$10.00
Nitrogen - Autos and light trucks	$20.00
Nitrogen - Off road & 6-wheel or more	$30.00
MACHINE OPERATIONS	
Brake rotors / drums - each	$10.00
BATTERY CHARGE	
Auto / truck / marine / Motorcycle / lawn and garden	$ 5.00
COMPUTER CODE READING with print out	$ 5.00
AIR CONDITIONING: Use of gauges and vac pump	$20.00
BEAD BLASTING CABINET: Per half hour	$ 6.00
VALVE MACHINE: Per hole	$ 2.50
ENGINE STEAM CLEANER: Per half hour	$25.00

revised/effective 10/2019

Feeling Crafty

NO-SEW PILLOW FAMILY CRAFT NIGHT

*Variety of fabric choices available

FEB 7TH
6:00 PM

$8 Per Person
FOR AGES 5 AND UP

Free Hot Chocolate & Cookies

Mustin Beach Club

Pay at Tickets & Travel Office at the Navy Shopping Mall.
For more information call 850-452-6354.

Feeling Crafty

ST. PATTY'S SIGN CRAFT NIGHT

FEB 21RD
6:00 PM

$10
ON SALE 3 FEBRUARY

Free Snacks & Cash Bar

MUSTIN BEACH CLUB

Pay at Tickets & Travel Office at the Navy Shopping Mall.
For more information call 850-452-6354.

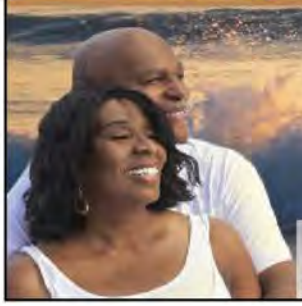
TICKETS ON SALE NOW AT TICKETS & TRAVEL

THE BEST IS YET TO COME APRIL 22-26TH, 2020

SEABREEZE JAZZ FESTIVAL 22

THE ULTIMATE WEEKEND OF SMOOTH JAZZ

PRESENTED BY Panama City Beach



CALL 850-452-6354 FOR MORE INFORMATION

MWR AQUATICS

For more info call 452.9429 or go to
www.navymwrpensacola.com

POOL

HOURS FOR FEBRUARY

Indoor Pool

LAP SWIM:
Mon., Tues., Thurs., & Fri.
1630-1800

REC/LITE LAP:
Mon. Tues. & Thurs.
1900-2100

Sat. & Sun.
1200-1700

PNY - Pensacola Navy Youth
Mon., Tues., Thurs., & Fri.
1800-1900

MASTERS
Mon., Tues., Thurs., & Fri.
1700-1800

SWIM LESSONS *Feb 11 - March 6*
Tues. & Fri. 1645 - 1715 - Beginners
Tues. & Fri. 1720 - 1750 - Intermediate

GUPPIES & GOSLINGS *Feb 11 - March 6*
Tues. & Fri. 1700 - 1745 - Age 4-6 Guppies
Tues. & Fri. 1800 - 1850 - School Age Goslings

SKILL PROFICIENCY
Mon. & Thurs. 1645 - 1745

ZUMBA/AQUA AEROBICS
Mon., Tues. & Thurs. 1800 - 1845

1 ON 1
Classes available 6 days a week
We teach all skill levels. $15 for a 30 minute class. Call the office for specifics.

DISTRIBUTION DOES NOT IMPLY ENDORSEMENT OR RECOMMENDATION BY ESCAMBIA COUNTY PUBLIC SCHOOLS

MWR AQUATICS

Become a
CERTIFIED LIFEGUARD
TODAY!!!

NAS Pensacola MWR Aquatic Team

REQUIREMENTS:
- *15 years of age*
- *Pass Pretest*
- *100% Attendance of Course*

PRETEST:
- *300 yard Swim* (Freestyle, Breaststroke or Combination)
- *2 minute Tread* (without hands)
- *20 yard Brick Retrieval*

PRICE:
Course: $185 (Pretest: $15 + Class: $170)

All classes are held 1730 - 2100

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- Pretest Date: *Mar 30 or Apr 2* *Apr 13 or Apr 16*
- Class Dates: *Class 1* *Apr 3, 5 & Apr 9-12* *Class 2* *Apr 17-20 & Apr 23-24*

MAY COURSE:
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- Class Dates: *May 4, 8-11 & May 14*

NAS Pensacola MWR AQUATICS OFFICE:
850-452-9429
naspigstaff@yahoo.com

www.NAVYMWRPENSACOLA.COM

Feb. 15
1200 - 1700
Feb. 16
1200 - 1500

NASP Group Fitness Schedule February 2020

MONDAY		
0900-1000	Step Circuit - Robin	Radford
1015-1100	Pilates - Keri	Radford
1115-1200	Yoga - Mimi	Radford
1115-1200	Lower Body MAX	NOFFS ZONE
1115	NOFFS Functional Fitness	Portside
1200	Core/Cardio	Portside
1630	Tread N Shed	Portside
1630-1800	Lap Swim	Indoor Pool
1645-1745	Skill Proficiency	Indoor Pool
1645-1745	Water Polo	Indoor Pool
1700-1800	Masters	Indoor Pool
1730	Core/Cardio	Portside
1800	Aqua Zumba - Bridgette	Indoor Pool
1800-1845	Yoga - Dana	Radford

TUESDAY		
0915-1000	Pilates - Keri	Radford
915	Elites	Portside
1015-1100	Muscle Conditioning - Rosie	Radford
1115-1200	Upper Body MAX	NOFFS ZONE
1115-1200	Zumba - Veronica	Radford
1115	Tread N Shed	Portside
1200	Core/Cardio	Portside
1630-1730	Spin - Layla	Radford
1630-1800	Lap Swim	Indoor Pool
1700-1800	Masters	Indoor Pool
1800	Aqua Zumba - Bridgette	Indoor Pool
1800-1845	Yin Yoga - Lela	Radford
1900-2100	Rec/Lite Lap	Indoor Pool

WEDNESDAY		
0530-0630	Sunrise Spin - Layla	Radford
0915-1000	30/30 - Rosie	Radford
1015-1100	Yoga - Mimi	Radford
1115-1200	Chaos Spin - Keri	Radford
1115	NOFFS Functional Fitness	Portside
1200	Core/Cardio	Portside
1630	Tread N Shed	Portside
1730	Core/Cardio	Portside

THURSDAY		
0915-1000	Zumba - Veronica	Radford
1015-1100	Interval Combo - Rosie	Radford
1115	Tread N Shed	Portside
1115-1200	Full Body S.A.C.	NOFFS ZONE
1200	Core/Cardio	Portside
1630-1730	Spin - Layla	Radford
1630-1800	Lap Swim	Indoor Pool
1630	Tread N Shed	Portside
1645-1745	Skill Proficiency	Indoor Pool
1645-1745	Water Polo	Indoor Pool
1700-1800	Masters	Indoor Pool
1730	Core/Cardio	Portside
1800	Aqua Zumba - Bridgette	Indoor Pool
1900-2100	Rec/Lite Lap	Indoor Pool

FRIDAY		
0915-1015	Spin - Andi	Radford
1115	Fast Friday	Portside
1115-1200	Pre/Post Natal Yoga - Maggie	Radford
1630-1800	Lap Swim	Indoor Pool
1700-1800	Masters	Indoor Pool

SATURDAY		
0900-1000	Zumba - Bridgette	Radford
1200-1700	Rec/Lite Lap	Indoor Pool

SUNDAY		
1200-1700	Rec/Lite Lap	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: 0500-1900
Weekends & Holidays: 0800-1800

AQUATICS - 850.452.9429

Corry Group Fitness Schedule February 2020

MONDAY		
900	Spinning - Lisa	Wellness
900	Spin	Family Fitness
1100-1300	Strength Training - Tim	Wellness
1115	Spinning - Lisa	Wellness
1215	Step Out - Amy	Wellness
1400-1700	Strength Training - Tim	Wellness
1630	Insane Abs - Chris	Wenzel
1630	Spinning - Lena	Wellness
1645	HIIT	Family Fitness

TUESDAY		
600	Spinning - Bob	Wellness
1000	Veterans Tai Chi	Family Fitness
1100-1300	Strength Training - Tim	Wellness
1400-1700	Strength Training - Tim	Wellness
1630	Tuff Turf Circuit- Chris	Wenzel

WEDNESDAY		
900	Spinning - Bob	Wellness
900	Burn Out	Family Fitness
1100-1300	Strength Training - Tim	Wellness
1115	Spinning - Lisa	Wellness
1215	Step Out - Amy	Wellness
1400-1700	Strength Training - Tim	Wellness
1630	Insane Abs - Chris	Wenzel
1630	Spinning - Lena	Wellness
1630	Toddlercise/Kids Lift	Family Fitness

THURSDAY		
600	Spinning - Bob	Wellness
900	Toddlercize/MN 101	Family Fitness
945	Boxing	Family Fitness
1100-1300	Strength Training - Tim	Wellness
1400-1700	Strength Training - Tim	Wellness
1630	Beast Fit Bootcamp - Chris	Wenzel

FRIDAY		
900-1200	Strength Training - Tim	Wellness
900	Spinning - Bob	Wellness
1000	Veterans Tai Chi	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 - Fri: 0800-1800
Sat & Sun & Holidays: Closed

AQUATICS - 850.452.6317
Call for hours of operation
Corry Station Pool Bldg. 3735

MWR FITNESS

FEBRUARY 2020 GROUP FITNESS DESCRIPTIONS

30/30 - This class brings you 30 minutes of weight training and 30 minutes of cardio. Get the total body workout.
Anything Goes: ..... Robin's choice!!
Balance 30: Multi-Component training addressing decreased balance.
Beast Fit 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.
Chaos Spin: Cardio intervals on the bike with upper body, abs on the floor. Perfect class for people new to SPIN.
Core/Cardio Conditioning - Challenging intervals for core and cardiovascular conditioning.
Elites: Class design for active aging utilizing resistance bands, balance training and coordination.
Elites Strength Training: Taking the Elites through resistance bands, balance training and coordination.
Fast Fridays: 20 minute total body high intensity circuit class.
Interval Combo/Super Circuit: Organized cardio – respiratory training with repeated bouts of short duration, high-intensity exercise intervals and periods of lower intensity intervals of active recovery.
Muscle Conditioning: A head to toe weight lifting using all variety of equipment.
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.
Pilates: A classic Pilates method to increase core muscular strength while developing an understanding of Pilates movement.
S.A.C.: Combine body weight movements, resistance equipment, dynamic exercises and static holds to get you stronger and tighter from core to extremity.
Skill-Pro: Designed for active duty service members that allows us to work with them on basic stroke technique. The skills that we work on are freestyle, breaststroke, sidestroke, and elementary backstroke.
Spin: Climb and sprint your way towards increasing endurance, increase your energy, burn major calories and jump-start your metabolism.
Step Circuit: 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.
Super Glutes: Blast your glutes with methods that ignite the metabolic process.
TBC – Total Body Conditioning, body weight/bands/dumbbells with a mixture of cardio.
Tread N Shed - Interval class incorporating running intervals with strength and core endurance to improve your PRT scores.
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.
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.
Zumba: Combines a motivating fusion of Latin and international music, moves and dynamic combinations.

MWR FITNESS