

# Corry Group Fitness Schedule March 2024

Monday			Tuesday		
0715 - 0745	Balance 30	Family Fit B	0900 - 0945	Boxing	Family Fit A
0800 - 0845	Core	Family Fit A	1015 - 1100	Tai Chi	Family Fit A
0900 - 0945	Arm Blast	Family Fit A	1100 - 1200	Strength Training	Family Fit B
0630 - 0700	Morning Kick Start	Wenzel	1600 - 1700	Strength Training	Family Fit B
1700 - 1730	Insane Abs	Wenzel	1600 - 1700	Spin	Family Fit A
			0630 - 0730	NOFFS Bootcamp	Wenzel
			1700 - 1800	Get in the Zone	Wenzel

Wednesday			Thursday		
0800 - 0845	All In	Family Fit A	0900 - 1030	Anything Goes	Family Fit A
0900 - 0945	Spin	Family Fit A	1600 - 1700	Spin	Family Fit A
1000 - 1030	Balance 30	Family Fit B	0630 - 0730	NOFFS Bootcamp	Wenzel
1030 - 1130	Toddlercize	Family Fit A	1700 - 1730	Get in the Zone	Wenzel
1100 - 1200	Strength Training	Family Fit B	<p><b>Wenzel Fitness Center</b>                      850-452-6198                      Corry Station Bldg. 3711                      Mon - Thurs: 0400 - 1900                      Fri: 0400 - 1800                      Sat, Sun, &amp; Holidays: 0800-1800</p> <p><b>Family Fitness Center</b>                      850-452-6004 or 850-452-6802                      Corry Station Bldg. 3712                      Mon - Fri: 0600 - 1900                      Sat, Sun, &amp; Holidays: CLOSED</p>		
1600 - 1700	Strength Training	Family Fit B			
1600 - 1700	Spin	Family Fit A			
0630 - 0700	Morning Kick Start	Wenzel			
1700 - 1730	Cardio Blast	Wenzel			

Friday		
0800 - 0845	Core	Family Fit B
0900-0945	Fitness	Family Fit A
1015 - 1100	Tai Chi	Family Fit A
1100 - 1200	Strength Training	Family Fit B
1600 - 1700	Strength Training	Family Fit B
0600 - 0645	MWR Workout	Wenzel

Aquatics  
 850-452-6371  
 Corry Station Bldg. 3735

**Corry Pool**  
**CLOSED!!!!**

**SUPERHERO RELAY**  
 TEAMS OF 4 ■ EACH MEMBER RUNS .25 MILES WITH 25LB SAND BAG

**NASP**  
 Portside Fitness Center  
 Wednesday, March 13 ■ 4pm

**Superhero COSTUME OR CAPE Encouraged**

**Corry Track**  
 Wednesday, March 27 ■ 9am

SCAN ME

SIGN UP AT PORTSIDE FITNESS CENTER OR SCAN QR CODE  
 PRE-SIGN UP ENCOURAGED/NOT REQUIRED  
 FMI call Jessica or Sheila (850) 452-7810

Awards & Prizes  
 Best superhero costume/cape: male/female  
 1st, 2nd & 3rd place

MWR FITNESS

f MWR PENSACOLA www.NAVYMWRPENSACOLA.COM 850-452-7810

# NASP Group Fitness Schedule March 2024

Monday			Tuesday		
0915 - 1000	Flow Yoga	Radford	0915 - 1000	Pilates	Radford
1015 - 1100	Zumba	Radford	1115 - 1200	Step Fusion	Radford
1115 - 1200	Spin-gen	Radford	1600	Power Yoga 101	Portside
1615 - 1700	Spin	Radford			

Wednesday			Thursday		
0915 - 1000	Spin	Radford	0915 - 1045	Yoga	Radford
1615 - 1700	Spin	Radford	1115 - 1200	Chaos Spin	Radford
1045	Gentle Flow Yoga	Portside	1600	Power Yoga	Portside
1600	Cardio Core	Portside			

Friday		
0915 - 1000	Barre "less"	Radford
1030 - 1130	3R Yoga	Radford

Saturday		
0915 - 1000	Zumba	Radford
1015 - 1100	Spin	Radford

**Radford Fitness Center**  
 850-452-9845  
 NASP Bldg. 4143  
 Mon - Thurs: 0500 - 2000  
 Fri: 0500 - 1800 Sat: 0700 - 1700  
 Sun & Holidays: CLOSED

**Portside Fitness Center**  
 850-452-7810 Bldg. 606  
 All Eligible patrons  
 Mon - Fri: 0500 - 1430  
 Sat, Sun & Holidays: 0800 - 1800  
**Active Duty E4 & below ONLY**  
 Mon - Thurs: 1430 - 2000  
 Fri: 1430 - 1800

**Indoor Pool Bldg. 3828**  
**Closed until further notice!!**

March 2024  
**PILLAR PREPARATION PROGRAM**  
 Strengthen hips, torso & shoulders—the foundational structure for all movement.

Visit NOFFS on the Navy Fitness website for more information and applications.  
[WWW.NAVYFITNESS.ORG](http://WWW.NAVYFITNESS.ORG)

NAVY Fitness CNIC NOFFS

NOFFS SCAN ME TRAINING PROGRAM MOVEMENT LIBRARY

DOWNLOAD our App FOLLOW US

MWR PENSACOLA PENSACOLAMWR

**YOGA CLASS**