



February 2019

Volume 28 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
7:30am - 4pm

CLICK HERE TO TAKE
OUR SHORT SURVEY

WE WANT YOUR
FEEDBACK

www.navymwrpensacola.com

f Like Us On
Facebook

"MWR Pensacola"

DOWNLOAD
our app:

"Navy MWR Pensacola"



Available on the
App Store

GET IT ON
Google play

GARY SINISE & THE LT. DAN BAND
HONOR. GRATITUDE. ROCK & ROLL.

FREE CONCERT
MORE INFO CALL 850.452.3806

SAVE THE DATE ★ SAT. FEB. 23RD
NAS PENSACOLA

FOLLOW US FOR UP TO DATE INFO
f MWRPENSACOLA OR WWW.NAVYMWRPENSACOLA.COM

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

MWR COMMUNITY RECREATION

CORRY Market
MWR Outdoor Flea Market AND Craft Fair

Sunday, March 10th
Noon - 4pm
(Rain Date: March 31)

OPEN TO THE PUBLIC TO BUY AND SELL

RESERVE YOUR SPACE TODAY!

	ACTIVE DUTY	ALL OTHERS
18 ft x 16 ft Area:	\$25	\$30
18 ft x 24 ft Area:	\$35	\$40

(Table rental available \$8 @)

MWR Sports Complex Hwy 98
NASP Corry Station

Register at:
MWR Tickets & Travel
5610 West Hwy 98 Bldg. 3787
Pensacola, FL 32507
850-452-6354
(Registration form available online)

WWW.NAVYMWRPENSACOLA.COM

9 PIN NO TAP TOURNAMENT

February 15
5 PM Check In
5:30 PM Start

\$6 for Lineage
\$2 for Prize Fund
(Prize Fund 1 in 5)

Reserve your spot today!
Call Corry Bowling Center at 850-452-6380.



Take Advantage of

Named as one of the top Military Friendly® schools, Columbia Southern University offers flexible online degree programs and affordable tuition rates to its military students. Taught by some of the industry's most distinguished professionals, all of CSU's programs are designed to be taken at your own pace on your own time.

Our commitment to supporting active-duty students and their families includes:

Textbooks Provided at no Cost	Tuition Rates Below DoD Cap
Tuition Assistance	GI Bill® Transferability
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Dedicated Military Support Staff	Scholarships for Spouses & Children



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More information about education benefits is available at www.benefits.va.gov/gibill.

*Funding for federal endorsement of advertisement provided.

GOT GAME?

**RFC
CLASSIC
3 ON 3
BASKETBALL**

Prizes for **1ST** **2ND** & **3RD**

FINAL DAY OF REGISTRATION IS MARCH 11

TOURNAMENT BEGINS MARCH 18

GAMES BEGIN AT 1700



For more information call 850-452-9845 or sign up at the Radford Fitness Center Front Desk

WWW.NAVYMWRPENSACOLA.COM

Do you need someone to proofread your resume?
Need help learning how to use email?
Need help learning how to use social media?



Every Thursday by appointment ONLY.

The Library staff member will give you undivided attention to patrons who need help with topics like downloading e-books, searching the internet, computer basics, help with a smart phone, & more!



For more information call 850.452.4362
or visit the NASP Library in Bldg. 634

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Military since 1936.

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https://www.geico.com/landingpage/go437/?utm_source=refuel&utm_medium=banner&utm_campaign=sitedirect

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



HOMESCHOOL Scholar Program

Together we can build strong confident kids

EVERY MONDAY!

Now - April 29th

P. E. CLASSES

**Family Fitness Center
Corry Station**

*Teaching Fitness, Nutrition, Mind, Body & Regeneration
for children of eligible MWR Homeschool families*

9-10 AM • AGES 6-10

10-11 AM • AGES 10-15



www.NAVYMWRPENSACOLA.COM

BAYOU GRANDE MARINA

Bldg. 3244

452-4152



Full Moon Float
February 19 ~ 1700 - 2000
FREE drinks, hotdogs, s'mores!!!
Come paddle after dark....
Underwater lights ~ safety gear provided
Kayaks, Tandem Kayaks
& Paddle boards
*Life jackets must be worn

Open to all MWR patrons, bring your family and friends.



PORTSIDE TWIN Cinema
NAVAL AIR STATION PENSACOLA

Box Office Open Tuesday - Sunday ☎ 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:
Mary Poppins Returns
Aquaman ♦ Second Act
Welcome to Marwen
Bumblebee ♦ Holmes and Watson
Vice ♦ A Dog's Way Home
Replicas ♦ Glass
The Kid Who Would Be King

Eligible Patrons
Military, DoD, Contractors & Dependents



5K RUN
February 14, 2019 @ 1530
2-Player Teams



PORTSIDE FITNESS CENTER
BLDG. 606

Deadline to enter: February 8, 2019 at 1600

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



BOWLING
February 5, 2019
3-Player Teams



Corry Bowling Center
(Games will be played every Tuesday for 8 weeks with two game times available 1500 or 1700)

Deadline to enter: January 30, 2019 at 1600

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



**CAPTAIN'S
CUP
SPORTS**



BOWLING

February 11, 2019

3-Player
Teams



Corry Bowling Center

(Games will be played every Tuesday for 8 weeks with two game times available 1100 or 1600)

Deadline to enter: February 1, 2019 at 1600

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 Corry Station Sports Office:

850-452-6520



**NAS PENSACOLA
CAPTAIN'S CUP**



5K RUN

February 14, 2019 @ 1530

4-Player
Teams



PORTSIDE FITNESS CENTER BLDG. 606

Deadline to enter: February 1, 2019 at 1600

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

*Start signing up now
at Corry Youth Center!*

**\$50 per junior
for all eligible
MWR patrons**



2019 FIRST TEE PROGRAM

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

Ages 9 - 11
will be in the PLAYer Level

No classes on March 26 and 27 due to Spring Break

SPRING CLASS SCHEDULE

TARGET CLASS ①

Tuesdays (1 hour)

March 5 - May 7

1530 - 1630

PLAYer/PAR CLASS

Wednesdays (1 hour 30 min)

March 13 - May 15

1700 - 1830

TARGET CLASS ②

Wednesdays (1 hour)

March 6 - May 8

1530 - 1630



*A.C. Read Junior program will be offering
a travel team in the Spring as well.*

Sign up at Corry Station Youth Center

For more info call Josh Meador at A.C. Read 452-2454



ALL AMERICAN FOOD®



COD \$7

**NEW
LARGER
SHRIMP**

**COD OR
SHRIMP**
Pub-Style Baskets



SHRIMP \$8

WWW.NAVYMWRPENSACOLA.COM



**BACKPACKING 101 OVERNIGHT
SKILLS COURSE**

FEB 9TH & 23RD MARCH 2ND & 16TH MAY 11TH

**ONLY \$35
GEAR INCLUDED**



BLUE ANGEL PARK
CALL 850.281.5489

SIGN UP AT BLUE ANGEL PARK, 2100 BRONSON ROAD AT THE OUTPOST MARINA



**BACKPACKING
OVERNIGHT TRIP**

MAY 25TH -27TH DESOTO STATE PARK

ONLY \$60

FORT PAYNE, AL
CALL 850.281.5489

MWR
COMMUNITY RECREATION



OPERATION HEART **5K**

FEBRUARY 14 @ 1530

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.



History Walk thru Corry Station



March 14 • 8:30 am - 10 am

Rain date is March 21

Join us for a 1.5 hour walk and discussion of the
evolution of Corry Station from Air Field to
Race Way to Center of Information Dominance.

*Dress according to temperature, wear comfortable shoes and
bring a water bottle. Snacks provided at the conclusion of the walk.*

For more info call 452-6802 or 525-5950



CORRY BOWLING CENTER

ON CORRY STATION
BLDG. 3738

452-6380



COSMIC BOWLING

NAS PENSACOLA LIBRARY

250 CHAMBERS AVE - BLDG 634

SUNDAY

1400-1900

MONDAY - FRIDAY

0900-1700

SATURDAY

1200-1700

CALL 452-3194
FOR MORE INFO



FAMILY FITNESS FAMILY DAY



850-452-6004

MWR PENSACOLA

Making fitness work as a family unit

Family Fitness Center Corry Station

Educating families about
Fitness & Nutrition
through family fun,
activities, lectures &
educational programming

1st -AND- 3rd*
SATURDAYS

STARTING NOVEMBER 17TH

9am - Noon

*AS PARTICIPATION LASTS



WWW.NAVY**MWR**PENSACOLA.COM

POOL

HOURS FOR FEBRUARY

****CLOSED ON HOLIDAYS, WEDNESDAYS, AND FIRST WEEKEND OF EVERY MONTH****

Indoor Pool Bldg. 3828

LAP SWIM:

Mon., Tues., Thurs., & Fri.
1630-1800

REC/LITE LAP:

Mon - Fri. 1900-2100 *Closed on Wed.*
Sat & Sun 1200 - 1700

PNY Swim Team - Varsity

Mon., Tues., Thurs., & Fri.
1700-1900

PNY Swim Team

Mon., Tues., Thurs., & Fri.
1800-1900

MASTERS

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

SKILL PROFICIENCY

Mon. & Thurs. 1645-1745

GUPPIES & GOSLINGS Feb 5 - Mar 1

Tues. - Fri. 1700-1745 - Age 4-6 Guppies
Tues. - Fri. 1800-1850 - School Age Goslings

GROUP SWIM LESSONS Feb 5 - Mar 1

Tues. & Fri. 1645-1715 - Beginner
Tues. & Fri. 1720-1750 - Intermediate

AQUA AEROBICS

Mon. & Thurs. 1800-1845

FIN SWIM

Fri. 1900-2000

1 ON 1

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



For more info call 452.9429 or 452-8293
or go to www.navyMWRpensacola.com



JOIN THE TEAM!



Pensacola Navy Youth Swim Team



**Military & Civilian
ALL WELCOME!**

Practices on

Monday, Tuesday, Thursday, & Friday

1800 - 1900

Indoor Pool, Bldg. 3828

For more information & pricing call: 452-9429



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)*

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 8 @ 5:30pm
- Class Dates: Feb 8-9-10-15-16-17
5:30pm - 9pm

MARCH COURSE:

- Pretest Date: Mar 8 @ 5:30pm
- Class Dates: Mar 8-9-10-15-16-17
5:30pm - 9pm

APRIL COURSE:

- Pretest Date: Apr 12 @ 5:30pm
- Class Dates: Apr 12-13-14-18-20-21
5:30pm - 9pm

MAY COURSE:

- Pretest Date: May 10 @ 5:30pm
- Class Dates: May 10-11-12-16-17-19
5:30pm - 9pm

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



SPLASH-N-DASH

FEB 17TH INDOOR POOL 10AM

AGES 5 & UP!

4 AGE GROUPS — 4 DIFFERENT DISTANCES

**TAKE A DIP THEN A
QUICK RUN TO
THE FINISH LINE!**



**HOT CHOCOLATE, HOT APPLE CIDER,
& CANDY CANES FOR PARTICIPANTS**



WWW.NAVYMWRPENSACOLA.COM



SWIM WITH HEART

FEBRUARY 14TH

Get your
time in
during
Pool
Hours!



**40 MINUTES
of Swimming
or Cardio
is GOOD for
the HEART**



Call 452-9429 for more information on Aquatic
Programs & Pool Hours



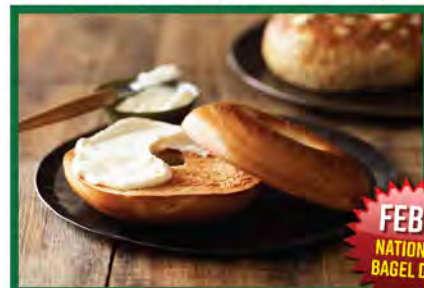
CORRY RECREATION CENTER

CORRY GRILL

Serving a variety of burgers,
sandwiches, salads & appetizers!

NOW SERVING BREAKFAST

**Purchase 1 bagel at regular price
Get the 2nd bagel at half price**



**FEB 9
NATIONAL
BAGEL DAY**

**MONDAY - FRIDAY
0530 - 1030**

**SATURDAY & SUNDAY
0830 - 1100**

Located inside the Bowling Center on Corry Station 452-6380

LIFEGUARD

Review Course

*Class for ARC Lifeguard Certified Individuals
with expiring certification.*

**\$120
Due First
Class**

**Classes at
1730 - 2100**

**FEBRUARY
22, 23, & 24**

**MARCH
22, 23, & 24**



More info call 452-9429



Wenzel Fitness Center

New Year's Resolution Fitness

**Now until February 27 at 5PM
(Mondays & Wednesdays)**

Improve or maintain your current fitness level!



Class will focus on

**Total Body
Strength**

Tone

Core

**Cardiovascular
Conditioning**

For more information call 452-6198



AUTORAMA RESALE LOT

NEX Mall Hwy. 98 ♦ 452-6542

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 ♦ 6 am - 6 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 6:00 am - 5:30 pm

BAYOU GRANDE MARINA

Open 7 days a week ♦ 6 am - 6 pm ♦ 452-4152

SATURDAY SAILING CLASSES



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

Friday - Sunday 10 am - 3 pm

Beginner Mate A

Intermediate Skipper B

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 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

NASP Corry Station, Bldg. 1006 ♦ 452-6542

Do vehicle repairs yourself!

- ★ 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

Blue Angel PARK

Danger Zone PAINTBALL



Danger Zone Paintball

"Woods-Ball" facility with approximately 35 acres of wooded area for play. There are four separate fields including two "Party Fields" which are available for reservation.

Danger Zone Paintball Hours:

Saturday and Sunday 9AM - 3PM

Monday and Friday PRIVATE PARTIES ONLY by reservation

A Military or DoD ID card is required to rent equipment. Members of the public may use the field but must provide their own marker and safety equipment or have a Military or DoD sponsor to rent equipment. No outside paint is permitted. Paintballs and other retail items are available to everyone for purchase.



2100 Bronson Road ♦ 850-281-5489

NASP GROUP FITNESS SCHEDULE FEBRUARY 2019

MONDAY			TUESDAY		
0900-1000	Circuit - Robin	Radford	0915-1000	Pilates - Keri	Radford
1015-1100	Pilates - Keri	Radford	900	Elites	Portside
1115-1200	Yoga - Myah	Radford	1015-1100	Zumba - Veronica	Radford
1115-1200	S.A.C. - Ann	Radford	1115-1200	AMP'ed - Veronica	Radford
1115	NOFFS Functional Fitness	Portside	1115	NOFFS ZONE	Radford
1630	Zumba - Veronica	Radford	1115	Tuff Turf - Hayley	Portside
1630	NOFFS Functional Fitness	Portside	1630	Tuff Turf - Hayley	Portside
1630-1800	Lap Swim	Indoor Pool	1630-1800	Lap Swim	Indoor Pool
1645-1745	Skills Pro	Indoor Pool	1630	MixedFit - Myah	Radford
1645-1745	Water Polo	Indoor Pool	1700-1800	Master's Swim	Indoor Pool
1700-1800	Master's Swim	Indoor Pool	1800-1845	Yin Yoga - Lela	Radford
1730	REGEN.	Portside	THURSDAY		
1800-1845	Aqua Aerobics	Indoor Pool	0915-1000	AM Knockout - Alicia	Radford
1800-1845	Yoga - Dana	Radford	930	Elites Strength Training	Portside
WEDNESDAY			1015-1100	MixedFit - Myah	Radford
0915-1000	Spin - Andi	Radford	1115-1200	Super Glutes - Veronica	Radford
1015-1100	Yoga - Myah	Radford	1115-1230	NOFFS ZONE	Radford
1115 - 1200	Chaos Spin - Keri	Radford	1115	Tuff Turf - Hayley	Portside
1115	NOFFS ZONE	Radford	1630	AMP'ed - Veronica	Radford
1115	NOFFS Functional Fitness	Portside	1630	Tuff Turf - Hayley	Portside
1630	Circuit - Robin	Radford	1630-1800	Lap Swim	Indoor Pool
1630	NOFFS Functional Fitness	Portside	1645-1745	Skills Pro	Indoor Pool
FRIDAY			1645-1745	Water Polo	Indoor Pool
0915-1015	Spin - Andi	Radford	1700-1800	Master's Swim	Indoor Pool
1115-1230	NOFFS ZONE	Radford	1730	REGEN.	Portside
1115 - 1200	PUMP - Alicia	Radford	1800-1845	Aqua Aerobics	Indoor Pool
1630-1800	Lap Swim	Indoor Pool	SATURDAY		
1630	Fast Fridays	Portside	0900-1000	Zumba - Veronica	Radford
1700-1800	Master's Swim	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: 0500-1800

Weekends & Hols: 0800-1800

AQUATICS - 850.452.9429

Call for hours of operation

Indoor Pool Bldg. 3828

Mustin Pool Bldg. 3201

850.452.8293



CORY GROUP FITNESS SCHEDULE FEBRUARY 2019

MONDAY			WEDNESDAY		
600	New Year's Resolution - Leon	Wenzel	600	New Year's Resolution - Leon	Wenzel
730	Balance 30 - Lu	Wellness	900	Spinning - Bob	Wellness
900	Spinning - Bob	Wellness	900	Dynamic Flexibility	Family Fitness
900	Home School Scholar	Family Fitness	1000	Burn Out	Family Fitness
915-945	Balance 30 - Lu	Wellness	1100-1300	Strength Training - Tim	Wellness
1000	Spin Crazy/Story Time	Family Fitness	1115	Spinning - OT	Wellness
1100-1300	Strength Training - Tim	Wellness	1130	Cardio & Ab Sculpt-Leon	Wenzel
1115	Spinning - Lisa	Wellness	1230	Step Out - Lisa	Wellness
1130	Cardio & Ab Sculpt-Leon	Wenzel	1400-1700	Strength Training - Tim	Wellness
1230-100	Step Out - Lisa	Wellness	1530	All In - OT	Wellness
1400-1700	Strength Training - Tim	Wellness	1630	Insane Abs - Chris	Wenzel
1530	All In - OT	Wellness	1630	Spinning - Lena	Wellness
1630	Insane Abs - Chris	Wenzel	1630	Toddlercize/Kids Lift	Family Fitness
1630	Spinning - Lena	Wellness	1700	New Year's Resolution	Wenzel
1645	HIIT	Family Fitness	THURSDAY		
1700	New Year's Resolution	Wenzel	600	Spinning - OT	Wellness
TUESDAY			900	Toddlercize/MN 101	Family Fitness
600	Spinning - Bob	Wellness	945	Boxing	Family Fitness
900	Family Yoga - Vina	Family Fitness	1100-1300	Strength Training - Tim	Wellness
1000	Veterans Tai Chi	Family Fitness	1230	Step Out - Lisa	Wellness
1100-1300	Strength Training - Tim	Wellness	1400-1700	Strength Training - Tim	Wellness
1130	Relaxercise	Family Fitness	1630	Tuff Turf Circuit - Chris	Wenzel
1400-1700	Strength Training - Tim	Wellness	1645	Strength & Core	Family Fitness
1630	Tuff Turf Circuit- Chris	Wenzel	FRIDAY		
1645	Revitalize	Family Fitness	900-1200	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			900	5/55	Family Fitness
			900	Spinning - Bob	Wellness
			915-945	Balance 30 - Lu	Wellness
			1000	Veterans Tai Chi	Family Fitness
			1300	Toddler Story Time	Family Fitness
			1300-1600	Strength Training - Tim	Wellness



Monday & Wednesday until Feb 27

5pm at Wenzel Gym

*Class will focus on toning, total body strength,
core and cardiovascular conditioning.*

FEBRUARY 2019 GROUP FITNESS DESCRIPTIONS

AM Knockout: This is a group fitness class that combines Boxing, Kickboxing, and Muay Thai techniques with bodyweight moves. This high-energy workout is broken into 3 minute rounds. Build stamina, improve coordination and flexibility all while building lean muscle with this fun and challenging workout. Throughout this workout you'll find a variety of movements such as jabs, hooks, uppercuts, kicks and so much more.

AMP'ed: This non-equipment based class is the perfect combination of functional strength and evolved training that will amp up your workout.

All In: total body strength/endurance workout.

Balance 30: Multi-Component training addressing decreased balance.

Boxing: Simply – Box with added cardio intervals.

Cardio & Ab Sculpt: Cardiovascular conditioning and core development.

Circuit: Powerful step exercises and dynamic lateral movements are used to improve cardio and endurance fitness.

Chaos Spin/Pump Cycle: Cardio intervals on the bike with upper body, abs on the floor. Perfect class for people new to SPIN.

Elites: Class designed for active aging utilizing resistance bands, balance training, and coordination.

Elites Strength Training: Taking our Elite through the how to's of the Hammer Strength equipment.

Fast Fridays: 20-minute workout challenging your strength and endurance.

HIIT/Power Hour: High Intensity Interval Training – interval training to push you to the max of your fitness abilities.

Just LIFT/PUMP: For those wanting to lift weights but need to know the where to start – back to the basics!

MixedFit: People-inspired dance fitness program that is a perfect blend of explosive dancing and boot camp inspired toning!

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.

Pilates: A classic Pilates method to increase core muscular strength while developing an understanding of Pilates movement.

Regen: Improve performance by increasing your flexibility and mobility with foam rollers and straps.

Relaxercise: Improve performance by increasing your flexibility and mobility with foam rollers.

Revitalize: Meditative breathing techniques to reduce stress and restore inner balance.

S.A.C.: Combine body weight movements, resistance equipment, dynamic exercises and static holds to get you stronger and tighter from core to extremity.

Super Glutes: Blast your glutes with methods that ignite the metabolic process and harness a sweat producing full body workout.

Spinning: Climb and sprint your way towards increasing endurance, increase your energy, burn major calories and jump start your metabolism.

Step Out: 30 min total body cardio and strength workout using the step bench and weights.

Strength & Core: Blast your core and glutes with methods that ignite the metabolic process and harness a sweat producing full body workout.

Strength Training: A comprehensive full body workout that develops general overall fitness through muscular strength and endurance training.

Toddlercize/Kids Lift: 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.

Tuff Turf: Challenging total body and cardio circuit training class utilizing battle ropes, kettlebells, medicine balls and much more.

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.

