

NASP Group Fitness October Schedule 2022

MONDAY			TUESDAY		
0915 - 1000	Yoga - Mimi	Radford	0915 - 1000	Pilates - Keri	Radford
1115 - 1200	HIIT - Andi	Radford	1800 - 1900	Aqua Zumba	Mustin Pool
1615 - 1700	Spin - Charles	Radford	900	Elites	Portside
1015	Triple Threat - Jessica	Portside	1015	Cardio/Core - Jessica	Portside
1630	Triple Threat - Shiela	Portside	1630	Cardio/Core - Jessica	Portside
WEDNESDAY			0530 - 0730	Lap Swim	Mustin Pool
1115 - 1200	Circuit Blast - Mimi	Radford	1100 - 1300	Lap Swim	Mustin Pool
1615 - 1700	Spin - Charles	Radford	1600 - 1900	Rec Swim	Mustin Pool
1730 - 1830	Yoga - Morgan	Radford	1600 - 1645	Skill Pro	Mustin Pool
1015	Triple Threat - Jessica	Portside	1700 - 1800	Masters	Indoor Pool
1630	Triple Threat - Shiela	Portside	1800 - 1900	Aqua Zumba	Mustin Pool
0530 - 0730	Lap Swim	Mustin Pool	THURSDAY		
1100 - 1300	Lap Swim	Mustin Pool	0915 - 1000	Yoga - Mimi	Radford
1600 - 1900	Rec Swim	Mustin Pool	1115 - 1200	Chaos Cycle - Keri	Radford
FRIDAY			900	Elites	Portside
0915 - 1000	Spin - Andi	Radford	1015	Mobility Foam Roll/Stretch - Jessica	Portside
1115 - 1200	Yin Yoga - Andi	Radford	1630	Mobility Foam Roll/Stretch - Shiela	Portside
0530 - 0730	Lap Swim	Mustin Pool	0530 - 0730	Lap Swim	Mustin Pool
1100 - 1300	Lap Swim	Mustin Pool	1100 - 1300	Lap Swim	Mustin Pool
1600 - 1900	Rec Swim	Mustin Pool	1600 - 1900	Rec Swim	Mustin Pool
SATURDAY			1600 - 1645	Skill Pro	Mustin Pool
0915 - 1000	Zumba - Terrina	Radford	1700 - 1800	Masters	Indoor Pool
1015 - 1100	Spin - Destiny	Radford	SUNDAY		
1000 - 1800	Lap/Rec Swim	Mustin Pool	1200 - 1800	Lap/Rec Swim	Mustin Pool
RADFORD - 850.452.9845 Bldg. 4143 Monday-Thursday: 0500-1900 Friday: 0500-1800 Saturday: 0700 -1700 Sunday & Holidays: Closed			PORTSIDE - 850.452.7810 Bldg. 606 Monday-Thursday: 0500-2000 Friday: 0500-1800 Saturday, Sunday & Holidays 0800 - 1800 AQUATICS - 850.452.9429		



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