

# Corry Group Fitness February Schedule 2023

MONDAY			TUESDAY		
0700 - 0730	Balance 30	Family Fitness B	0900 - 1000	Boxin with a Twist	Family Fitness A
0815 - 0845	Core	Family Fitness B	1100 - 1200	Tai Chi	Family Fitness A
0900 - 1000	Spin	Family Fitness A	1100 - 1200	Fitness Training	Family Fitness B
0630 - 0700	Morning Kick Start BootCamp Will	Wenzel	1500 - 1600	Fitness Training	Family Fitness B
1200 - 1300	Weight Lift Clinic - Chris	Wenzel	1600 - 1645	Cycle	Family Fitness A
1700 - 1730	Insane Abs - Chris	Wenzel	0630 - 0730	NOFFS Boot Camp - Will	Wenzel
WEDNESDAY			1700 - 1800	Get In The Zone - Chris	Wenzel
WEDNESDAY			THURSDAY		
0815 - 0845	Core	Family Fitness B	0900 - 1030	Anything Goes	Family Fitness A
0900 - 1000	All In	Family Fitness A	1600 - 1645	Cycle	Family Fitness A
1000 - 1045	Toddlercize	Family Fitness A	0630 - 0730	NOFFS Boot Camp - Will	Wenzel
1000 - 1030	Balance 30	Family Fitness B	1700 - 1730	Perform Better Mobility - Chris	Wenzel
1030 - 1100	Core	Family Fitness B	SATURDAY		
1100 - 1200	Fitness Training	Family Fitness B	SUNDAY		
1500 - 1600	Fitness Training	Family Fitness B	Corry Pool Closed		
1600 - 1700	Spin	Family Fitness A			
0630 - 0700	Morning Kick Start BootCamp Will	Wenzel			
0700 - 0745	Self Defense Clinic - Will	Wenzel			
1200 - 1300	Weight Lift Clinic - Chris	Wenzel			
1700 - 1730	Cardio Blast (ESD) - Chris	Wenzel			
FRIDAY					
0815 - 0845	Core	Family Fitness B			
0900 - 0945	Zumba	Family Fitness A			
1100 - 1200	Tai Chi	Family Fitness A			
1100 - 1200	Fitness Training	Family Fitness B			
1500 - 1600	Fitness Training	Family Fitness B			
0600 - 0645	MWR Workout - Will	Wenzel			
WENZEL - 850.452.6198					
Corry Station Bldg. 3711					
Monday - Thursday: 0400-1900					
Friday: 0400-1800					
Saturday, Sunday & Holidays: 0800 - 1800					
FAMILY FITNESS - 850.452.6004 or 850.452.6802					
Corry Station Bldg. 3712					
Monday - Friday: 0600-1800					
Saturday, Sunday & Holidays: Closed					



WE WANT YOUR FEEDBACK  
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# NASP Group Fitness February Schedule 2023

MONDAY			TUESDAY		
0915 - 1000	Yoga - Mimi	Radford	0915 - 1000	Pilates - Keri	Radford
1115 - 1200	HIIT - Annamae	Radford	1515 - 1600	MWR Misfits - Robin	Radford
1615 - 1700	Spin - Charles	Radford	1615 - 1700	Anything Goes - Annamae	Radford
1015	Triple Threat - Jessica	Portside	900	Elites	Portside
1630	Triple Threat - Shiela	Portside	1015	Cardio/Core - Jessica	Portside
1600 - 2100	Lap Swim	Indoor Pool	1630	Cardio/Core - Shiela	Portside
1600 - 1645	Skill Pro	Indoor Pool	1600 - 2100	Lap Swim	Indoor Pool
1700 - 1800	Masters	Indoor Pool	1600 - 1645	Skill Pro	Indoor Pool
WEDNESDAY			1700 - 1800	Masters	Indoor Pool
1615 - 1700	Spin - Charles	Radford	THURSDAY		
1730 - 1830	Yoga - Morgan	Radford	0915 - 1000	Yoga - Mimi	Radford
1030	Zumba - Jessica	Portside	1115 - 1200	Chaos Cycle - Keri	Radford
1630	Triple Threat - Shiela	Portside	1515 - 1600	MWR Misfits - Robin	Radford
1600 - 2100	Lap Swim	Indoor Pool	900	Elites	Portside
1600 - 1645	Skill Pro	Indoor Pool	1100	Power Vinyasa Yoga - Iris	Portside
1700 - 1800	Masters	Indoor Pool	1600 - 2100	Lap Swim	Indoor Pool
FRIDAY			1600 - 1645	Skill Pro	Indoor Pool
0915 - 1000	Spin - Andi	Radford	1700 - 1800	Masters	Indoor Pool
10:30 - 11:30	3R Yoga - Mimi	Radford	SUNDAY		
SATURDAY			1200 - 1700	Lap Swim	Indoor Pool
0915 - 1000	Zumba - Terrina	Radford	AQUATICS - 850.452.9429		
1015 - 1100	Spin - Destiny	Radford	Mustin Pool Closed		
1200 - 1700	Lap Swim	Indoor Pool	PORTSIDE - 850.452.7810		
RADFORD - 850.452.9845 Bldg. 4143 Monday-Thursday: 0500-1900 Friday: 0500-1800 Saturday: 0700 -1700 Sunday & Holidays: Closed			Bldg. 606		
			Monday-Thursday: 0500-2000		
			Friday: 0500-1800		
			Saturday, Sunday & Holidays 0800-1800		



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