



Volume 26 Number 11

At Ease

November 2017

NAS Pensacola & NASP Corry



Become A Fan Of MWR on Facebook

MWR Pensacola

GO MOBILE!
"navylifepensacola"



www.navymwrpensacola.com

MWR General Information: 850-452-3806

NAS PENSACOLA NAS PENSACOLA Blue Angels

Blue Angels

Homecoming Air Show

Celebrating America's Veterans

Gates Open At 8am! **November 10th & 11th • 2017** **Friday Night Air Show!**

NAVY GETAWAYS

Take a Break This Fall and Vacation With Us

Stay! Play! Relax!



Offering RV Parks, Campgrounds & Vacation Rentals
Prime Locations Worldwide & Affordable Rates

1-877-NAVY-BED (628-9233) or www.navygetaways.com
#navygetaways



Join The Corry Teen Center DANGERZONE PAINTBALL



MONDAY, NOVEMBER 20
11 am - 3 pm
Blue Angel Park

Meet At Teen Center
Only \$20 Per Person
Includes Gear & 500 Rounds of Ammo
Bring a Sack Lunch & Water
Wear Long Sleeves & Long Pants



Email cspcolateencenter@gmail.com or call 791-1465 for questions.

GEICO MILITARY

Proudly serving the
Military since 1936.

[Start Quote](#)

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

Massage Therapy *Relax and rejuvenate*



Swedish 1 Hour \$45
Deep Tissue 1 Hour \$55
Reflexology 30 minutes \$20
Chair Massage \$1 per minute
(punch cards required)



Monday
Chair Massage 0830-1300 at Radford Fitness Center

Tuesday ~ Wednesday ~ Thursday
Full Body Massages 0830-1300 at Wellness Center

Friday
Chair Massages 0830-1300
at Wellness Center

Saturday
Full Body massages
at Radford Fitness Center

All massages and punch cards are sold at Radford Fitness Center
for more information please call 850.452.9845

There is a 24 hour cancellation policy call 850.452.9845

Portside Twin Cinema

Box Office Open Tuesday - Sunday ♦ 850-452-3523
Movie Info (recording) ♦ 850-452-3522



**Affordable
Admission Fees!
HD Digital Movies:**

Adult, \$4
Children Ages 6 - 11, \$2
Children Age 5 & Younger Free

3D Digital Movies:

Adult, \$5
Children Ages 6 - 11, \$3
Children Age 5 & Younger Free

Upcoming movies:

Friend Request ♦ American Made
Kingsman: The Golden Circle
Flatliners ♦ The Lego Ninjago Movie
Blade Runner 2049 ♦ My Little Pony
The Mountain Between Us

Open To AD, Ret, DOD, Contractors & Family!

GET GOLF READY

Lesson Plans (Week-to-Week)

LESSON ONE

Introduction to Golf

Posture, Grip, Aim (PGA)

Introduction: Putting

Introduction: Fitness/Warm-up

LESSON TWO

Review: LESSON ONE

Introduction: Chipping, Pitching, and Greenside Bunkers

LESSON THREE

Review: LESSON ONE & TWO

Introduction: Full Swing - Irons

Introduction: Fairway, Rough, and Fairway Bunkers

LESSON FOUR

Review: LESSON THREE

Introduction: Full Swing - Woods, Irons, and Hybrids

LESSON FIVE

Review: LESSON FOUR
PLAY GOLF

Stop by the Golf Shop to register for the session that fits your schedule.
For more info call Josh or Wayland at A.C. Read 452-2454



Lessons Presented by:
A.C. Read Golf Club Professionals

Josh Meador, PGA
Wayland Abernathy III, PGA

Fall 2017 Sessions:

Oct. 28 - Nov. 25 (Saturdays)
0800 - 0900

Oct. 30 - Nov. 27 (Mondays)
1600 - 1700

Oct. 31 - Nov. 28 (Tuesdays)
1600 - 1700

Nov. 1 - Nov. 29 (Wednesdays)
1600 - 1700

Cost:
Active Duty/Retired & Families \$89
Civilian Guests \$99



NASP Corry Bowling Center



Each
Tuesday 6:30 - 8:30pm
Friday 10pm - Midnight
Saturday 7:30 - 9:30pm & 10pm - Midnight
**Two Hours Of Bowling & Shoes
Only \$8 Per Person!**

**We Offer Group
Bowling Party
Packages Too!**



Call the Bowling Center
For Information
Or Party Reservations
850-452-6380



**Tennis, Youth, and
Group Lessons
available upon request!**

CARDIO TENNIS

STARTING NOV 7TH

TUES - THURS 0900-1000

FIRST 2 WEEKS FREE

NOV 21ST **\$5 PER PERSON
PER CLASS**

MENS DOUBLES/QUADS

STARTING NOV 7TH AT 1700

6 WEEK PROGRAM

\$20 PER PERSON



For more info and to sign up
call Cameron USPTA instructor at 850.292.3502

NASP CORRY STATION DOUBLES RACQUETBALL TOURNAMENT



(2 person teams)

December 4 - 14, 2017
Corry Wenzel Gym Bldg. 3711

Deadline to Enter: November 27, 2017 @ 1100

Coaches Meeting: November 27, 2017 @ 1100

MWR Sports Office Bldg. 3738

**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**

NASP CORRY STATION BILLIARDS 8-BALL DOUBLES TOURNAMENT

November 6 - December 12, 2017



(2 person teams)

NASP Corry Station Liberty Bldg. 3738

Deadline to Enter: October 27, 2017 @ 1100

Coaches Meeting: October 27, 2017 @ 1100

MWR Sport Office Bldg. 3738

**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**

NASP CORRY STATION VOLLEYBALL TOURNAMENT



(6 vs 6 teams)

November 27 - December 14, 2017
Corry Wenzel Gym Bldg. 3711

Deadline to Enter: November 15, 2017 @ 1100

Coaches Meeting: November 15, 2017 @ 1100

MWR Sports Office Bldg. 3738

**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**



Bench Press Competition

Tuesday, November 14th @ 1200 - 1300

Additional Start Time: 1700

NASP Corry Wenzel Gym

Open To All Authorized MWR Patrons

There will be three rounds in which each participant will have an opportunity to lift their desired weight for one rep. If the rep is successful, participant must increase weight for the following round.

The Schwartz Malone formula will be used to determine winners based on the heaviest weight lifted pound for pound.



For Information, call 850-452-6198

POOLS OPEN

Group Swim Lessons and Goslings (Pre-Swim Team)

Tues & Fri (November 6 - December 8)

NASP Indoor Pool, Bldg. 3828

4:45 - 5:15 pm beginners (swim lessons)

5:20 - 5:50 pm intermediate (swim lessons)

6:00 - 6:50 pm advance (goslings)

Aqua Aerobics and Zumba

NASP Indoor Pool, Bldg. 3828

Mon - Deep Water Aqua Aerobics - 6:00 - 6:45 pm

Tue - Aqua Zumba - 6:00 - 6:45 pm

Thu - Shallow Water Aqua Aerobics - 6:00 - 6:45 pm



For More Information,
Call 850-452-9429



December 2, 2017

The Great Christmas Golf Classic

A.C. Read 27 Hole Golf Tournament

9 Holes - Scramble ♦ 9 Holes - Best Ball

9 Holes - Modified Alternate Shot

\$160 per team (2 person teams) includes:

Cart, greens fee, gift certificates, morning pastries, refreshments and lunch throughout play and a Christmas feast after play.

Tee times 7:00 - 9:00 am on each 9 holes.

Limited to first 90 paid teams.

Team handicap must be within 8 strokes of each other.

Teams will be flighted by handicap.



For More Information,
Call 850-452-2454



Plan your next party or event with the help of MWR. We offer a variety of party packages for any occasion.

Corry Bowling Center 452-6380

Available Times: Sat. 1330 & 1600
Sun. 1330

Cost: \$80 Includes Cosmic Bowling, 2 lanes for 2 hours, shoes, sodas, and party supplies (Additional lanes \$8)

Birthday Meals: \$4 per person

No outside food allowed except for cake and ice cream

MWR Birthday Bowling Pin \$20 (upon request)



Portside Cinema 452-3523

Available Times: Sat. or Sun.
1000, 1200, 1230, 1430, or 1500

Cost: \$120 Includes 30 guests, movie, and popcorn. No outside food allowed except for cake and ice cream

\$25 deposit due 10 days prior to event (Additional guests are \$4 each)

PARTY PACKAGES

Bayou Grande Marina 452-4152

Crow's Nest Room Rental

Package available during daylight hours,
(Oct-Mar) 800-1500, (Apr-Sep) 0900-1600

Cost: \$250 for room only

\$300 for room plus up to 12 kayaks,
paddleboards, or canoes.

\$150 refundable cleaning deposit



Ski Beach Recreation 281-0134

Available Times: Daylight hours year round

Cost: \$50 required when booking

Includes use of pavilion (holds 25 people)

2 kayaks and 2 paddleboards for 3 hours
(additional time can be purchased for \$5 per rental per hour.)



PARTY PACKAGES



MWR Aquatics Pool 452-9429

Available Times: Tues. - Sun. 1900-2200

Cost: Includes at least 2 lifeguards for 3 hours

\$150 1-75 people (\$30 each add. hour)

Additional pricing available for more than 75 guests

The All-Navy SPLASH test will be administered at the beginning of the party to all patrons 17 and under who do not possess a valid 2017 SPLASH card. Individuals that don't pass must remain in water that does not go above their armpits.

Outside food and beverage is allowed in designated areas only.



Blue Angel Park 281-5489

Paintball Party

Available Times: Field is available for rent

Fri-Mon (Must be 12 yrs old to play)

Cost: \$100 required when booking

Includes field fee and equipment for 10 guests.

(Additional guests \$13 military and \$18 civilian)

Paint must be purchased on site.



We want your feedback
navymwrpensacola.com/online-survey

For more info on activities offered by MWR please visit our website
navymwrpensacola.com



Auto Skills Center

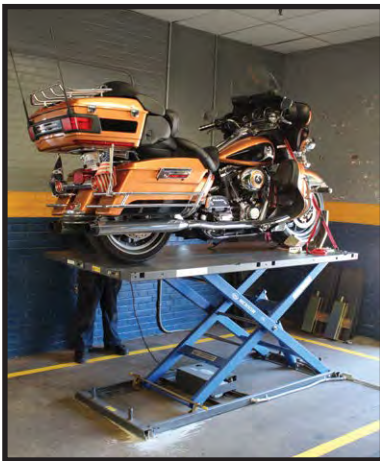
Tuesday - Saturday ♦ 11 am - 7 pm ♦ 850-452-6542
NASP Corry, Building 1006

Do Vehicle Repair Yourself At Corry Auto Skills!

- ★ 10 Covered Stalls
- ★ 3 Overhaul Bays
- ★ 3 Frame Lifts
- ★ 5 Drive-on Lifts
- ★ 2 Car Wash Bays
- ★ Thousands Of Tools

We Also Have Knowledgeable Assistants!

We Also Have Motorcycle & ATV Lifts



**Our Lifts Will
Accommodate
Motorcycles,
ATV's, Gators
Golf Carts, &
Lawnmowers**

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

A&W All American Food

Located in the Portside Entertainment Center
850-453-8196

SUPER DEALS!

Monday

\$1 Cheeseburgers

Tuesday

\$1 Coney Dogs



BACKPACKING TRIP

OVERNIGHT TRIPS TO THE MOUNTAINS IN GA AND AL

DEC 9TH-10TH PINE MOUNTAIN, GA

JAN 13TH -14TH TALLADEGA NATIONAL FOREST, AL

MARCH 9TH-11TH SIPSEY WILDERNESS, AL *DIFFICULT HIKE - COMPLETION OF ONE PRIOR BACKPACKING TRIP IS REQUIRED*

**YOU'VE GOT THE SKILLS! WE'VE GOT THE GEAR! COME WITH US ON AN
OUT-OF-TOWN BACKPACKING ADVENTURE. DON'T KEEP THE WILD WAITING!
ALL GEAR AND TRANSPORTATION IS PROVIDED!**

**BOOK NOW
LIMITED SPACE
AVAILABLE**



**ONLY \$60
RAIN OR SHINE
DIFFERENT LOCATIONS**

**FOR MORE INFORMATION CALL 850-281-5489 OR 850-452-6354
SIGN UP FOR THE SKILLS COURSE AT THE TICKETS AND TRAVEL OFFICE BLDG. 3787 AT CORRY STATION**



***BACKPACKING 101 SKILLS COURSE IS A PREREQUISITE FOR ALL NAS PENSACOLA CR BACKPACKING TRIPS**

**Sunday November 12
at Corry Grill**

**Chicken Soup
for the Soul
Day**



Bowl of Chicken Soup \$2

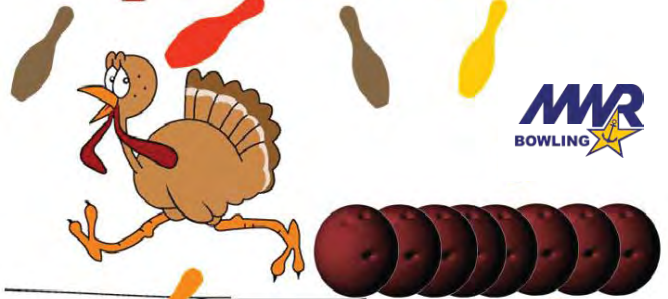
Winter Leagues

**Monday Let the Good Times Roll
Wednesday Morning Ladies Fun Seekers
Wednesday Night Swingers
Thursday Night Trio**

**Saturday Youth League
Always room for more youth bowlers**

**For additional information contact
Corry Bowling Center 850-452-6380**

**Early
Thanksgiving Day
Special Cosmic**



**Saturday
November 18, 2017
7 pm - 9:30 pm**

**\$10 per person (\$5 for 6 years and under)
2 ½ hours of bowling, shoes included**

**Contact Corry Bowling Center for reservation
850-452-6380**



**BACKPACKING 101 OVERNIGHT
SKILLS COURSE**

NOV 4TH-5TH DEC 2ND-3RD SAT 8 AM - SUN 3 PM

**EVER GET THE FEELING YOU JUST NEED TO GET BACK TO NATURE?
GET OUT AND ENJOY A WEEKEND HIKING, BACKPACKING, AND
CAMPING IN THE WOODS. WE'LL SHOW YOU HOW!**

**BOOK NOW
LIMITED SPACE
AVAILABLE**



**ONLY \$40
GEAR INCLUDED
BACKPACKING 101**

**FOR MORE INFORMATION CALL 850-281-5489 OR 850-452-6354
SIGN UP FOR THE SKILLS COURSE AT THE TICKETS AND TRAVEL OFFICE BLDG. 3787 AT CORRY STATION**



***BACKPACKING 101 SKILLS COURSE IS A PREREQUISITE FOR ALL NAS PENSACOLA CR BACKPACKING TRIPS**

TURKEY TROT 5K



Saturday, November 18th 2017

5K Start • 10am

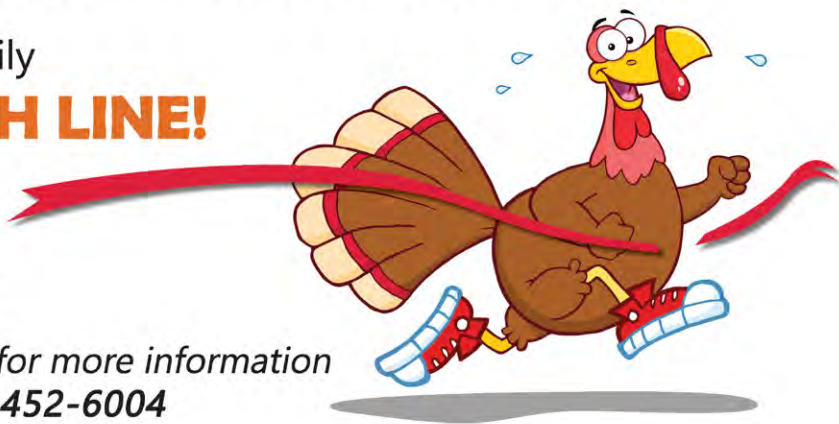
(Arrive 30 mins prior to race to check-in)

EVERYONE
welcome!

FAMILY FITNESS CENTER on NASP CORRY STATION

PRIZES for the first family
to cross the **FINISH LINE!**

MEDALS awarded
to individual runners!



To register (before Nov 16th) or for more information
Call (Toni or Elva): 850-452-6004

NAS PENSACOLA RECREATION



Ultimate Frisbee

(7 person teams)

November 17, 2017
Barrancas Sports Complex

Deadline to Enter: November 15, 2017

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
NASP Corry Station Sports Office: 850-452-6520

NAS PENSACOLA CAPTAINS CUP VOLLEYBALL TOURNAMENT



(6 person teams)

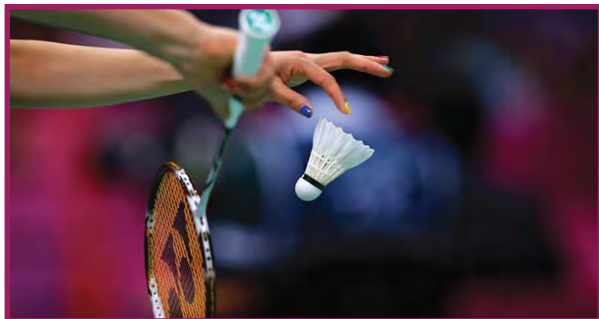
November 13, 2017
Radford Fitness Center Bldg. 4143
Deadline to Enter: November 3, 2017

Eligible Patrons: Active Duty & Their Spouses,
Ready Reservists, DOD &
Permanent Contracted Personnel
of NAS Pensacola



For More Information, Please call
NAS Pensacola Sports Office: 850-452-4391/4392

NAS PENSACOLA CAPTAIN'S CUP BADMINTON TOURNAMENT



(4 person teams)

November 6, 2017
Portside Gym Bldg. 627

Deadline to Enter: October 27, 2017

**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**



**WE WANT YOUR
FEEDBACK**

PLEASE TAKE OUR SHORT SURVEY
www.navymwrpensacola.com



Foot Golf Fees:

\$6.00 - Military
\$6.50 - DOD
\$7.00 - All Guest
\$5.00 - Juniors

Cart Fees:

\$7 - Adults
\$5 - Juniors



(age 17 & under)

**Try a round of Footgolf
at A.C. Read Golf Club**
Call 452-2454 for more info

MUSTIN SCHOOL OF BREWS



MUSTIN BEACH CLUB

NOV 29 1600-1800

**Mustin Beach Club is proud to present
PENSACOLA BAY BREWERY**

Get your ticket now for \$15

**Come enjoy tastings with hors d'oeuvres and learn about the history
of the brewery and how the featured beers below were brewed!**
There will be prizes and giveaways! *21 & up only*

LI'L NAPOLEON RIPTIDE AMBER
LIGHTHOUSE PORTER
DESOTO BERLINER WEISSE ALE



FOR RESERVATIONS
Limited space available

CALL 452-2137 OR 452-4035
Must pay at time of reservation

NASP GROUP FITNESS SCHEDULE NOVEMBER 2017

MONDAY			TUESDAY		
900	Circuit - Robin	Radford	900	Pilates - Keri	Radford
1015	Strong - Veronica	Radford	0900-1200	TTCT - Chris	Portside
1115	Pilates - Keri	Radford	1015	Zumba - Veronica	Radford
1130	Outside the Box - Shiela	Portside	1630-1700	Cardio Core Super Circuit	Portside
1230	Outside the Box - Shiela	Portside	1600-1645	Spinning - Regine	Radford
1600-1645	Cardio Kickboxing - Roger	Radford	1700-1730	Cardio Core Super Circuit	Portside
1630	Outside the Box - Shiela	Portside	1700-1745	TRX - Roger	Radford
1700-1745	S.A.C. - Ann	Radford	1700	Active Duty Skill Swim	Indoor Pool
1645	Water Polo	Indoor Pool	1700	Master's Swim	Indoor Pool
1700	Master's Swim	Indoor Pool	1800	Foam Roll & Stretch - Shiela	Portside
1800-1845	Relax Yoga - Dana	Radford	1800-1845	Aqua Zumba	Indoor Pool
1800	Foam Roll & Stretch - Shiela	Portside	1800-1845	Yin yoga - Lela	Radford
1800-1845	Deep H2O aerobics	Indoor Pool	THURSDAY		
WEDNESDAY			900	HIIT - Brittany	Radford
915	Spinning - Andi	Radford	0900-1200	TTCT - Chris	Portside
1015	Yoga - Myah	Radford	1015	Zumba - Veronica	Radford
1115	Strong - Veronica	Radford	1115	TRX - Myah	Radford
1130-1200	360 Super Circuit - Shiela	Portside	1600-1645	Spinning - Regine	Radford
1200-1230	360 Super Circuit - Shiela	Portside	1700-1730	Cardio Core Super Circuit	Portside
1630	Circuit - Robin	Radford	1645	Water Polo	Indoor Pool
1630	360 Super Circuit - Shiela	Portside	1700-1745	S.A.C. - Ann	Radford
1700	Cardio Kickboxing - Roger	Portside	1700	TRX - Roger	Portside
1700	Master's Swim	Indoor Pool	1700	Active Duty Skill Swim	Indoor Pool
1800	Foam Roll & Stretch - Shiela	Portside	1800	Foam Roll & Stretch - Shiela	Portside
			1800-1845	Yoga - Lora	Radford
			1800-1845	Shallow H2O aerobics	Indoor Pool
FRIDAY			SATURDAY		
915	Spinning - Andi	Radford	0900-1000	Power Yoga - Lora	Radford
1115	Strong - Veronica	Radford	1015	Zumba - Veronica	Radford
1630	Tuff Girls Fast Fridays - Shiela	Portside			
1700	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

NOW at PORTSIDE

Command PTs and Movement Skills
Contact Fitness Specialist to schedule
1400-1500 and 1500-1600



NO CLASSES November 20 - 25, 2017

Happy Gobble Gobble Day!!!!

CORRY GROUP FITNESS SCHEDULE NOVEMBER 2017

MONDAY			WEDNESDAY		
800	Balance 30 - Lu	Wellness	900	Step Out - Lisa	Wellness
900	Circuit Boot Camp - Elva	Family Fitness	900	Spinning - Bob	Wellness
1000	Mommy & Tot Yoga - Vina	Family Fitness	930	Pump Cycle - Dennexx	Family Fitness
900	Spinning - Bob	Wellness	1030	Core, Gut & Butt - Elva	Family Fitness
915-945	Balance 30 - Lu	Wellness	1100-1300	Strength Training - Tim	Wellness
1100-1300	Strength Training - Tim	Wellness	1115	Spinning - OT	Wellness
1115	Spinning - Lisa	Wellness	1130	Operation Circuit Madness - Leon	Wenzel
1130	Cardio & Ab Sculpt-Leon	Wenzel	1230-100	Step Out - Lisa	Wellness
1230-100	Step Out - Lisa	Wellness	1400	Restorative Yoga - Myah	Wellness
1400-1700	Strength Training - Tim	Wellness	1400-1700	Strength Training - Tim	Wellness
1630	Spinning - Lena	Wellness	1630	Spinning - Lena	Wellness
1645	Zumba - Barbara	Family Fitness	1630	Toddlercize - Toni	Family Fitness

TUESDAY			THURSDAY		
600	Spinning - Bob	Wellness	600	Spinning - OT	Wellness
900	Boxing w/a Twist - Dennexx	Family Fitness	900	Toddlercize - Toni	Family Fitness
1100-1300	Strength Training - Tim	Wellness	1000	Spin Crazy - Dennexx	Family Fitness
1130	PRT Run Improvement-Leon	Wenzel	1100-1300	Strength Training - Tim	Wellness
1400-1700	Strength Training - Tim	Wellness	1130	PRT Run Improvement-Leon	Wenzel
1630	Kids Zumba - Barbara	Family Fitness	1230	Step - Lisa	Wellness
			1400-1700	Strength Training - Tim	Wellness

FRIDAY		
800	Balance 30 - Lu	Wellness
800	Circuit Boot Camp - Elva	Family Fitness
900	Zumba - Barbara	Family Fitness
900-1200	Strength Training - Tim	Wellness
900	Spinning - Bob	Wellness
915-945	Balance 30 - Lu	Wellness
1000	What's My Name ...ABS - Elva	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 - Thurs: 0800-1130 1500-1900

Fri - Sat: 0800-1230

Sun & Holidays: Closed



No Classes November 20 - 25. Happy Gobble Gobble Day!

November 2017 Group Fitness Descriptions

Aqua Aerobics: Traditional style aerobics in the water!

Balance 30: Multi-Component training addressing decreased balance.

Cardio & Ab Sculpt: Cardiovascular conditioning and core development.

Cardio Kickbox: Classes give you a full body workout and improve your flexibility, coordination, and balance. If you perform the punches with precision and power, you will strengthen your upper body and eventually see more muscle.

Cardio Box/Boxing with a Twist: Simply – Box Mania with added cardio intervals.

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

Circuit 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.

HIIT: Organized cardio –respiratory training with repeated bouts of short duration, high-intensity exercise intervals and periods of lower intensity intervals of active recovery.

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.

Operation Circuit Madness: A circuit training class with short rest intervals for improving muscle tone and definition, while improving cardiovascular fitness.

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

POWER Yoga: Emphasizes strength, flexibility and core work. Breathe, sweat and FLOW to help improve overall body conditioning.

PRT Run Improvement: Optimizing fitness & readiness by exceeding minimum standards for the cardio-respiratory event.

PUMP: A barbell, dumbbell, and bands class to shape, tone, and strengthen your entire body.

Relax Yoga: A slower, more meditative series of stretches to help relieve stress and restore balance to your mind, body and spirit

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

Six Pack Abs: 30 minutes of fun abs

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

Step Circuit/ Step & Tone: 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.

Strong by Zumba: Strength, conditioning and body weights sync to music.

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.

TRX: Suspension Training bodyweight exercise develops strength, balance, flexibility and core stability simultaneously. It requires the use of the TRX Suspension Trainer, a highly portable performance training tool that leverages gravity and the user's body weight to complete hundreds of exercises.

TTCT: Tuff Turf Circuit Training – moderate to high intensity circuit training incorporating cardio, strength and core.

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.

