

CORRY STATION GROUP X MAY 2026



Family Fitness Center Bldg. 3712
850 - 452 - 6004 / 6802
Mon - Fri 0600 - 1900
Closed Sat, Sun & Holidays

Wenzel Fitness Center Bldg. 3711
850 - 452 - 6198
Mon - Sun 0400 - 0000
24/7 Access

	FAMILY FITNESS CENTER	WENZEL FITNESS CENTER
MON	0815 - 0900 Pillar 360 0915 - 1015 Full Body Strength 1030 - 1130 Toddlersize 1600 - 1700 Zumba 1600 - 1700 Strength Training	0630 - 0700 Morning Kick Start 1700 - 1730 Insane Abs
TUES	0915 - 1015 Cardio Blast 1030 - 1115 Tai Chi 1100 - 1200 Strength Training 1600 - 1645 Spin 1600 - 1700 Strength Training	0630 - 0730 NOFFS Bootcamp 1700 - 1800 Get in the Zone
WED	0815 - 0900 All In 0915 - 1015 Spin 1030 - 1130 Toddlersize 1600 - 1645 Zumba 1600 - 1700 Strength Training	0630 - 0730 Morning Kick Start 1700 - 1730 Cardio Blast
THURS	0915 - 1015 Full Body Strength 1030 - 1130 Zumba 1100 - 1200 Strength Training 1600 - 1700 Spin 1600 - 1700 Strength Training	0630 - 0730 NOFFS Bootcamp
FRI	0900 - 1000 Zumba 1030 - 1115 Tai Chi 1100 - 1200 Strength Training 1700 - 1730 Strength Training	0615 - 0700 Flex Friday

**GET READY FOR
FROGGER
RACES**



**WENZEL FITNESS CENTER
THURS • MAY 14 • ALL DAY**

CHECK IN AT
FRONT DESK

Test your strength & endurance!



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NASP GROUP X MAY 2026



Radford Fitness Center Bldg. 4143
850 - 452 - 3768
Staffed Mon - Fri 0500 - 2100
Sat - Sun 0800 - 1600
24/7 Access

Portside Fitness Bldg. 606
850 - 452 - 7810
Staffed M-TH 0500 - 2200 F 0500 - 2100
Mon - Fri 1430 - 2200 E-4 & Below
Sat - Sun 0800 - 2000
24/7 Access

	RADFORD GROUP CLASSES		PORTSIDE GROUP CLASSES	
MON	0915 - 1015	Flow Yoga		
	1115 - 1200	Shred & Burn		
	1615 - 1700	Spin		
TUES	0600 - 0700	NAVY FIT* AD		
	1330 - 1430	CORPS FIT* AD		
	1500 - 1600	NAVY FIT* AD		
	1615 - 1715	Slow Flow Yoga		
WED	0600 - 0700	NAVY FIT* AD		
	0915 - 1000	BarreLates		
	1015 - 1100	Zumba	1600 - 1700	Functional Fitness
	1500 - 1600	NAVY FIT* AD		
	1615 - 1700	Spin		
THURS	0600 - 0700	NAVY FIT* AD		
	0915 - 1000	Upper Body		
	1015 - 1045	Ultimate Core	1600 - 1700	Foam roll/stretch
	1500 - 1600	NAVY FIT* AD		
FRI	0915 - 1000	Spin		
	1015 - 1100	Yin Yoga		
SAT	0915 - 1000	Zumba	* AD is Active Duty only	

Get a minute?
take the MWR

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