

CORRY STATION GROUP X MARCH 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

NASP GROUP X MARCH 2026



Radford Fitness Center Bldg. 4143

850 - 452 - 3768

Staffed Mon - Fri 0500 - 2100

&

Sat - Sun 0800 - 1600

24/7 Access

Registration

Mon - Thurs 1030 - 1230

	MORNING CLASSES		AFTERNOON CLASSES	
MON	0915 - 1015	Flow Yoga	1330 - 1430	CORPS FIT* AD
	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	1330 - 1430	CORPS FIT* AD
	0915 - 1000	Barre	1500 - 1600	NAVY FIT* AD
	1015 - 1100	Zumba	1615 - 1700	Spin
THURS	0600 - 0700	NAVY FIT* AD	1330 - 1430	CORPS FIT* AD
	0915 - 1000	Upper Body	1500 - 1600	NAVY FIT* AD
	1015 - 1045	Ultimate Core		
FRI	0915 - 1000	Spin	1330 - 1430	CORPS FIT*
	1015 - 1100	Yin Yoga		
SAT	0915 - 1000	Zumba	* AD is Active Duty only	



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