



Volume 27 Number 2

At Ease

February 2018

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



TRAVEL EXPO

Browse Through A Large Variety Of Travel & Recreation Destinations
From Across The Southeast

February 9 ♦ 10 am - 1 pm ♦ Mustin Beach Club ♦ NAS Pensacola

Visit The Booths And Register For An Opportunity To Win GREAT Door Prizes!

Hundreds Of Dollars Worth Of Great Prizes!

Hosted By MWR Tickets & Travel

Located Across From NEX Mall, Hwy 98 ♦ 850-452-6354 ♦ Monday - Friday, 9 am - 5 pm, Saturday, 10 am - 1 pm

FREE ADMISSION! ♦ 850-452-6354



Downhill Snow Sledding

Ice Fishing ♦ Penguin Bowling

Spider Mountain ♦ Prizes ♦ Games!

A Day Of FREE Family Fun!

Saturday ♦ February 24

11 am - 3 pm ♦ Old Hospital Grounds

~Across From Mustin Beach Club On Radford Blvd~

~ Call 850-452-3806 for info ~

Brought To You By:



**SPONSORSHIP OF THIS EVENT DOES NOT IMPLY ENDORSEMENT
BY THE FEDERAL GOVERNMENT OF PRODUCTS OR SERVICES.**

Check Out Our Treats & Sweets!



Root Beer Floats

Root Beer Freezes

Polar Swirls ~ M&M's, Reese's

Cookie Dough,

Oreos

Sundaes ~ Caramel, Strawberry

Hot Fudge, Chocolate

Ice Cream Cones

Milk Shakes



Located in the Portside Food Court, Building 3912

A&W All American Food

Located in the Portside Entertainment Center
850-453-8196

Try Something New!



Poutine

(French Fries, Cheese Curds & Gravy)

FRIES.
CURDS.

THE REST IS
GRAVY.



Only \$4.25

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*

Anti-Valentine's Day Spin



February 14

9:15 AM ♦ Radford Fitness Center



**Burn
Calories!
Burn
Resentment!**

**Join Andi Wednesday,
and spin it all away!**

Open to all
eligible patrons



For more information call: 850-452-9845

GYM to GYM

(From Portside)

(To Radford)

HEART AWARENESS 5K

February 14

3:30 PM ♦ Portside/Radford Fitness Center



Open to all
eligible patrons



For more information call: 452-7810 or 452-9845

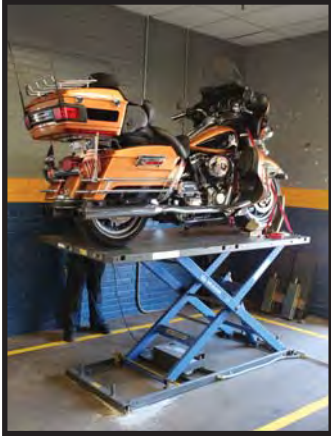
Auto Skills Center

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!



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

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

Hours of Operation

Tuesday - Friday..... 11 am - 7 pm
Saturday..... 11 am - 7 pm
Sunday, Monday & Holidays Closed



DISC GOLF

Disc golf is a combination of Frisbee and Golf. Players throw the disc toward the basket. Players throw the disc where the previous disc has landed until every player's disc lands in the basket. The lowest throw count at the end of the game is the winner!

Radford Disc Golf Course

Open Mon - Sat
Rental discs are available at Radford Fitness Center.
Course behind the Fitness Center
450 Radford Blvd. Pensacola, FL 32508
For more info call (850) 452-9845

*9 Holes
Beginner Course*

Blue Angel Park Disc Golf Courses

Open Thurs - Mon
Rental discs are available at Blue Angel Park Outpost Marina.
2100 Bronson Rd. Pensacola, FL 32506
For more info call (850) 281-5489

*Palmetto Course
18 Holes
Amateur Course*

*Pines Course
18 Holes
Intermediate Course*

*Oaks Course
18 Holes
Intermediate Course*

Corry Station Disc Golf Course

Open 7 Days/Week
Rental discs are available at Wenzel Fitness Center or Corry Liberty Center.
Course behind the Fitness Center
3711 Chief's Way, Pensacola FL 32507
For more info call (850) 452-6198

*9 Holes
Beginner Course*




NAVYMWRPENSACOLA.COM

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

Spring 2018 Sessions:

Jan. 29 - Feb. 26 (Mondays)
1600 - 1700

Jan. 31 - Feb. 28 (Wednesdays)
1600 - 1700

Feb. 3 - Mar. 3 (Saturdays)
1000 - 1100

Mar. 10 - Apr. 7 (Saturdays)
0800 - 0900

Mar. 10 - Apr. 7 (Saturdays)
1000 - 1100

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



PORTSIDE FITNESS BENCH PRESS COMPETITION



MARCH 28, 2018

1st, 2nd, and 3rd place prizes for Male/Female
1b for 1b Competition
utilizing the Schwartz/Malone Formula

**WEIGH IN BEGINS AT 1630
COMPETITION BEGINS AT 1700**

**SEE SHELIA BRAND
FOR DETAILS/SIGN UP 452-7810**

MONDAY & THURSDAY
1630-1730

WATERPOLO

Indoor Pool
Bldg 3828
452-9429

MWR
AQUATICS



CARDIO TENNIS
TUES - THURS 0900-1000
\$5 PER PERSON PER CLASS


TENNIS

MENS DOUBLES/QUADS
TUES - THURS AT 1700
6 WEEK PROGRAM
\$20 PER PERSON

Tennis, Youth, and
Group Lessons
available upon request!

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

MWR
FITNESS



NEW BEGINNERS CLASS

Karate
NASP School of Karate
Shotokan
Karate
Instructor:
Sensei John Wynne
Over 40 years experience
Godan (5th Degree Black Belt)

*Open to active duty, retirees, reservists,
DOD and family members Ages 9 and up to adult*

Cost:
\$20 per month (\$22 DOD)


Indoctrination Class:
January 30 at 5:30pm
Classes begin Thursday, February 1 at 5pm

Class Hours:
Beginners: Tuesday 5:30 - 7:15pm ♦ Thursday 5 - 6pm
Advanced: (Beginners Class Required)
Monday 5:30 - 7:30pm ♦ Thursday 6:15 - 7:45pm
Make Up: Saturday 11am - 1pm

Where:
Portside Gym, Bldg. 627
For additional information
call 850.452.7810 / 850.452.7813 / 850.291.0940

*Karate-Do, the Japanese method of self defense, uses the unarmed capabilities
of the human body. Karate-Do is a pathway to self development.
Seeking to empty the self through Karate-Do,
life can be lived... without distorted views of reality...*

MWR
COMMUNITY
RECREATION



Book a Swedish or
Deep Tissue massage from
Feb 1st - Feb 15th
and get a free mini facial with
a Golden Facial Mask

Valentine's Day Special
Relax and rejuvenate



Swedish 1 Hour \$45
Deep Tissue 1 Hour \$55



*Gift certificates
now available!*



There's a 24 hour cancelation policy call 850.452.9845

2018 DISNEY PARK HOPPER TICKETS

TICKETS & TRAVEL OFFICE

4 Day Military Promotional with Park Hopper \$222

4 Day Military Promotional with Park Hopper **PLUS** \$260.75



SEABREEZE JAZZ FESTIVAL™

THE ULTIMATE WEEKEND OF SMOOTH JAZZ ~ 1998-2018

JOIN THE CELEBRATION APRIL 18TH-22ND, 2018



TICKETS NOW AVAILABLE AT TICKETS & TRAVEL

BLDG. 3787 IN THE NEX SHOPPING PLAZA ON HWY 98 • FOR MORE INFO CALL 452-6354

THURSDAY \$78

SATURDAY \$103.75

3 DAY \$173

FRIDAY \$86.50

SUNDAY \$103.75

4 DAY \$216

SPONSORSHIP OF THIS EVENT DOES NOT IMPLY ENDORSEMENT BY THE FEDERAL GOVERNMENT OF PRODUCT OR SERVICES.

PARTY PACKAGES



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)

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



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:

Ferdinand ♦ The Greatest Showman

Star Wars: The Last Jedi

Jumanji: Welcome to the Jungle

Pitch Perfect 3 ♦ Downsizing

Father Figures ♦ 12 Strong

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

Youth Valentine's Day Dance

February 10, 2018 ♥ 6pm - 9pm

NAS Youth Center ♥ \$5 Admission



♥ Kindergarten to 13 year olds

Contest

Food & Fun

♥ Crown King & Queen

♥ Music - DJ

♥ Most Red

♥ Hamburger or

Hot dog plate \$3

♥ Most White

♥ Best Dressed

♥ Best Single & Group Dancers



Teddygrams - \$5

Glowsticks and goody both with items for sale

Open to all MWR authorized dependents.

For info call 452-2417



Call to reserve at Corry Bowling Center 850-452-6380



\$11 per bowler including all you can bowl and shoes
\$5 for 6 years and under



\$11 per bowler including all you can bowl and shoes
\$5 for 6 years and under



CORRY BOWLING CENTER COSMIC

Tuesday 6:30-8:30 pm

Friday 10 pm – Midnight

Saturday 7:30-9:30 pm & 10 pm –Midnight

\$8 per person

Shoes and 2 Hours of bowling

Ask about our **Orange Pin**

850-452-6380

STILL SPACE AVAILABLE
MWR FRIENDS & FAMILY
ANY AGE LEAGUE

2nd and 4th Sundays of the month
@ 4 pm

Three person team
\$5 per person per week

For more info
Call the Bowling Center
850-452-6380



POOL HOURS FOR FEBRUARY

****CLOSED ON HOLIDAYS, WEDNESDAYS, AND FIRST WEEKEND OF EVERY MONTH****

PROGRAMS AVAILABLE

SKILLS PROFICIENCY:

Mon. & Thurs. 1645-1730
Improve on your basic strokes

WATER POLO:

Mon. & Thurs. 1630-1730
Drills and mini games

MASTERS

M,T,R,F 1630-1730
Coach on hand, premade
workouts, and equipment.
\$30 monthly fee

AQUA AEROBICS

Mondays 1800-1845
Shallow water
Tuesdays 1800-1845
Aqua Zumba
Fridays 1800-1845
Deep Water

FIN SWIM

Thurs. 1800-1900

SWIM LESSONS

Tues. & Fri.
1630-1700 & 1700-1730
Beginner and Intermediate
classes ages 4-10

GOSLINGS

Tues. & Fri. 1730-1820
Advance lessons ages 5-12

PNY (Pensacola Navy Swim Team)

M,T,R,F
VARSITY 1630-1830
AGE GROUPERS 1700-1830
NOVICE 1730-1830

1 ON 1

Time and days varies
We teach all skill levels. Call the office
for specifics. \$15 for a 30 minute class.

LAP SWIM:
M,T,R,F 1630-1800

WEEKEND HOURS
1200-1700

REC SWIM:
M,T,R,F 1900-2100



INDOOR POOL BLDG. 3828

For more info call 850.452.9429 or www.navymwrpensacola.com



SWIM WITH HEART

Indoor Pool ♦ Bldg 3828

Come join us for a 40 minute swim.

It's at your own pace

during lap swim from 1630-1800

or during rec swim from 1900-2100.

For general information
about these and other
Aquatic Programs,
call 850-452-9429.



Lifeguard Class

Pretest Dates

(must attend and pass 1 pretest prior to start of a class)

2/12, 2/15, 3/16, 3/19, 4/16, 4/19, 4/30, 5/1

Pretest begins at 1700 ♦ \$15

February class – all classes 1700-2100

2/16 - 25 ♦ \$175

March class – all classes 1700-2100

3/22 - 30 ♦ \$175

April class – all classes 1700-2100

4/20 - 29 ♦ \$175

May class – all classes 1700-2100

5/3 - 13 ♦ \$175

For more information,
call 850-452-9429



Lifeguard Prep Class

Every Thursday 1800-1845

Indoor Pool, Bldg. 3828

\$5.00 per class

Work on the skills needed to pass the pretest,
Strokes, Treading, and practice with the brick



Lifeguard Re-certification Class

Pretest is first day of the class

All classes 1700-2100

Indoor Pool, Bldg. 3828

Feb – 2/8 - 11

Mar – 3/1 - 6

Apr – 4/10 - 14

May – 5/14 - 18



Call 850-452-9429

WE'RE HIRING LIFEGUARDS

—APPLY NOW AT—

www.navymwrpensacola.com

Starting pay \$10.70

**Call 850.452.9429
for more information**



NASP GROUP FITNESS SCHEDULE FEBRUARY 2018

MONDAY			TUESDAY		
0615-0700	NOFFS Zone - Michal	Radford	0615-0700	20/20/20 - Myah	Radford
0615-0700	XT Yoga - Myah	Radford	0915-1000	Pilates - Keri	Radford
0900-1000	Circuit - Robin	Radford	0900-1200	TTCT - Chris	Portside
1015-1100	Pilates - Keri	Radford	1015-1100	JUST Lift - Andi	Radford
1115-1200	Various Classes	Radford	1115-1200	NOFFS Zone - Ann	Radford
1115-1200	NOFFS Zone - Andi	Radford	1115-1200	Zumba - Veronica	Radford
1130	Outside the Box - Shiela	Portside	1600-1645	Spinning - Regine	Radford
1230	Outside the Box - Shiela	Portside	1630-1700	Functional Fit NOFFS Zone	Portside
1500-1600	NOFFS Zone - Roger	Radford	1630	Master's Swim	Indoor Pool
1600-1645	Cardio Kickboxing - Roger	Radford	1700-1730	Functional Fit NOFFS Zone	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
1630	Water Polo	Indoor Pool	1730	Foam Roll & Stretch - Shiela	Portside
1630	Master's Swim	Indoor Pool	1800-1845	Aqua Zumba	Indoor Pool
1645	Skill Pro	Indoor Pool	1800-1845	Yin yoga - Lela	Radford
1730	Foam Roll & Stretch - Shiela	Portside	THURSDAY		
1800-1845	Yoga - Dana	Radford	0915-1000	HIIT - Andi	Radford
1800-1845	Shallow H2O Aerobics	Indoor Pool	0900-1200	TTCT - Chris	Portside
WEDNESDAY			1015-1100	Zumba - Veronica	Radford
0615-0700	Chaos Spin - Michal	Radford	1115-1200	20/20/20 - Myah	Radford
0915-1000	Spin - Andi	Radford	1600-1645	Spinning - Regine	Radford
1015-1100	Yoga - Myah	Radford	1600-1700	NOFFS Zone - Roger	Radford
1115-1200	Chaos Spin - Keri	Radford	1630	Water Polo	Indoor Pool
1130-1200	360 Super Circuit - Shiela	Portside	1630-1700	Functional Fit NOFFS Zone	Portside
1200-1230	360 Super Circuit - Shiela	Portside	1630	Water Polo	Indoor Pool
1600-1700	NOFFS Zone - Roger	Radford	1630	Master's Swim	Indoor Pool
1630	Circuit - Robin	Radford	1645	Skill Pro	Indoor Pool
1630	360 Super Circuit - Shiela	Portside	1700-1730	Functional Fit NOFFS Zone	Portside
1730	Foam Roll & Stretch - Shiela	Portside	1700-1745	S.A.C. - Ann	Radford
1745-1845	MIXXED FIT - Myah	Radford	1730	Foam Roll & Stretch - Shiela	Portside
FRIDAY			1800	Fin Swim	Indoor Pool
0615-0700	NOFFS Zone - Michal	Radford	1800-1845	Yoga - Vina	Radford
0615-0700	Mobility TRX - Myah	Radford	SATURDAY		
0915-1030	Spin - Andi	Radford	0900-1000	Zumba - Veronica	Radford
1115-1200	Strong - Veronica	Radford			
1630	Fast Fridays - Shiela	Portside			
1630	Master's Swim	Indoor Pool			
1800	Deep H2O Aerobics	Indoor Pool			

Special Events:
Feb 14th
0915 Spin
1015 Couples Yoga
1530 Heart Awareness
Run @ Portside

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



CORRY GROUP FITNESS SCHEDULE FEBRUARY 2018

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

FRIDAY		
800	Balance 30 - Lu	Wellness
900	Zumba - Barbara	Family Fitness
900-1200	Strength Training - Tim	Wellness
900	Spinning - Bob	Wellness
915-945	Balance 30 - Lu	Wellness
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



February 2018 Group Fitness Descriptions

20/20/20: A variation of cardio, weights, abs and yoga.

360 Super Circuit: Total body strength and high intensity cardio utilizing battle ropes, med balls, kettlebells around the Synrgy 360 Jungle Gym.

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.

Fast Fridays: 20 minute workout challenging your strength and endurance.

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

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

Mobility Foam Roll and Stretch: Improve performance by increasing your flexibility and mobility with foam rollers and straps.

NOFFS ZONE/Outside the Box: 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.

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

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

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.

XT Yoga: Cross Train Yoga - A faster paced yoga to get ready for your work week!

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

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.

