

August 2021

Volume 31 Number 8



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Contact Us:

MWR General Information (850) 452-3806

450 Radford Blvd Bldg. 4143 Monday - Friday 8:00 am - 4 pm

CLICK HERE TO TAKE **OUR SHORT SURVEY**





DOWNLOAD our app: "Navy MWR Pensacola"









OPEN THURS. - MON. 10 AM - 6 PM

ON-SITE & OFF-SITE RENTALS AVAILABLE KAYAKS & PADDLE BOARDS FOR ACTIVE DUTY ONLY & THEIR DEPENDENTS

PLAYGROUND IS NOW OPEN!

~NO LARGE GROUPS ~SOCIAL DISTANCING WILL BE ENFORCED



WWW.NAVYMWRPENSACOLA.COM · 850.281.0134











VISIT USAA.COM/CORONAVIRUS OR CALL 800-531-8521

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HOURS OF OP	ERATIC	IN
CALL 850-452-6380 FOR N OPEN TO ALL DOD CAR		TION
BOWLING (CENT	ER
MONDAY - THURSDAY Friday Saturday Sunday	2PM - 2PM - 1PM - 1PM -	9PM 10PM 10PM 7PM
CORRY O	RILL	19.51
MONDAY - THURSDAY Friday Saturday Sunday	10:30AM 10:30AM 1PM - 1PM -	- 8PM - 9PM 9PM 7PM
OLD CROW	S NE	ST
MONDAY - TUESDAY Wednesday - Thursday Friday Saturday Sunday	6PM - 5PM -	10PM 10PM DNIGHT 11PM 9PM

















For more info call 452.9429 or go to www.navymwrpensacola.com



HOURS FOR AUGUST

Mustin Beach Pool

LAP SWIM Tues. - Fri 0530-0730

RECREATIONAL/LAP SWIM Tues. - Fri. & Sun. 1200-1800 Sat. 1000-1800

SKILL PRO CLASS Tues. & Thurs. 1700-1800

AQUA AEROBICS Wed. 1000-1100

AQUA ZUMBA Thurs. 1800-1900

Corry Station Pool

LAP SWIM Tues. - Fri 0530-0730

RECREATIONAL/LAP SWIM Tues. - Fri. & Sun. 1200-1800

MASTERS Tues. - Fri. 1800-1900 **PNY**

Tues. - Fri. 1800 - 1900

GUPPIES & GOSLINGS Tues. & Fri. 1800-1900

AQUA ZUMBA Tues. 1200-1300

Barrancas Beach 7 days a week 1000-1800

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Classes available 6 days a week We teach all skill levels. \$15 for a 30 minute class. Call the office for specifics.



oga - Mimi JBS - Andi & Shed - Shiela & Shed - Shiela VEDNESDAY Aerobics - Andi & Shed - Shiela & Shed - Shiela Lap Swim Aerobics - Andi Lap Swim	Radford Radford Portside Portside Mustin Pool Radford Portside	0900 - 0945 1115-1200 1200 - 12:45 1800 - 1845 1630 0530 - 0730 1100 - 1800 1700 - 1800	Pilates - Keri Paddle Boarding- Andi Aqua Zumba - Veronica Aqua Zumba - Veronica Challenge your Bench, Clean, Deadlift and Squat Lap Swim	Radford Bayou Grande Marina Corry Pool Mustin Pool Portside Mustin Pool
& Shed - Shiela & Shed - Shiela /EDNESDAY Aerobics - Andi r Body - Robin & Shed - Shiela & Shed - Shiela Lap Swim Aerobics - Andi	Portside Portside Mustin Pool Radford Portside	1200 - 12:45 1800 - 1845 1630 0530 - 0730 1100 - 1800	Aqua Zumba - Veronica Aqua Zumba - Veronica Challenge your Bench, Clean, Deadlift and Squat	Marina Corry Pool Mustin Pool Portside
& Shed - Shiela VEDNESDAY Aerobics - Andi ar Body - Robin & Shed - Shiela & Shed - Shiela Lap Swim Aerobics - Andi	Portside Mustin Pool Radford Portside	1800 - 1845 1630 0530 - 0730 1100 - 1800	Aqua Zumba - Veronica Challenge your Bench, Clean, Deadlift and Squat	Mustin Pool Portside
VEDNESDAY Aerobics - Andi Ir Body - Robin & Shed - Shiela & Shed - Shiela Lap Swim Aerobics - Andi	Mustin Pool Radford Portside	1630 0530 - 0730 1100 - 1800	Challenge your Bench, Clean, Deadlift and Squat	Portside
Aerobics - Andi ar Body - Robin & Shed - Shiela & Shed - Shiela Lap Swim Aerobics - Andi	Radford Portside	0530 - 0730 1100 - 1800	Squat	
Aerobics - Andi ar Body - Robin & Shed - Shiela & Shed - Shiela Lap Swim Aerobics - Andi	Radford Portside	1100 - 1800	Lap Swim	Mustin Pool
r Body - Robin & Shed - Shiela & Shed - Shiela Lap Swim Aerobics - Andi	Radford Portside			Ividstill Pool
& Shed - Shiela & Shed - Shiela Lap Swim Aerobics - Andi	Portside	1700 - 1800	Lap Swim	Mustin Pool
<mark>& Shed - Shiela</mark> Lap Swim Aerobics - Andi		1,00 1000	Skill Pro	Mustin Pool
Lap Swim Aerobics - Andi		1800 - 1845	Aqua Zumba - Veronica	Mustin Pool
Aerobics - Andi	Portside			
	Mustin Pool	THURSDAY		
an Swim	Mustin Pool	0900 - 0945	Yoga - Mimi	Radford
rap Swith	Mustin Pool	1115 - 1200	Chaos Cycle - Keri	Radford
		1800 - 1845	Aqua Zumba - Veronica	Mustin Pool
FRIDAY		1630	Mobility/Foam Roll/Stretch - Shiela	Portside
pin - Andi	Radford	1730	Mobility/Foam Roll/Stretch - Shiela	Portside
ered Yoga - Andi	Radford	0530 - 0730	Lap Swim	Mustin Pool
Lap Swim	Mustin Pool	1100 - 1800	Lap Swim	Mustin Pool
Lap Swim	Mustin Pool	1700 - 1800	Skill Pro	Mustin Pool
SUNDAY		1800 - 1845	Aqua Zumba - Veronica	Mustin Pool
Lap Swim	Mustin Pool			
ADFORD - 850.452.9845			SATURDAY	
		1000 - 1800	Lap Swim	Mustin Pool
0 330 ays: 0900-1700	SEPTE	And a second	LOWDA	ELARE AND RECERTION ELARE AND RECERTION EMBER.*
	ered Yoga - Andi Lap Swim Lap Swim SUNDAY Lap Swim 0 1430 d 1330 ays: 0900-1700	ered Yoga - Andi Radford Lap Swim Mustin Pool SUNDAY Lap Swim Mustin Pool G L430 d L430 d Lap Swim Mustin Pool C Lap Swim Sin Pool C Lap Swim Mustin Pool C Lap Swim Sin Pool C Lap Swim Mustin Pool C Lap Swim Sin Pool C Lap Swim Mustin Pool C Lap Swim Mustin Pool C Lap Swim Mustin Pool C Lap Swim Mustin Pool C Lap Swim Sin Pool C Lap Swim Mustin Pool C Lap Swim Sin Pool C Lap Sin Sin Pool C Lap Sin Pool C	ered Yoga - Andi Radford 0530 - 0730 Lap Swim Mustin Pool 1100 - 1800 Lap Swim Mustin Pool 1700 - 1800 SUNDAY 1800 - 1845 Lap Swim Mustin Pool 1000 - 1800 0 1430 0 1330 ays: 0900-1700 the month for cleaning	Pared Yoga - Andi Radford 0530 - 0730 Lap Swim Lap Swim Mustin Pool 1100 - 1800 Lap Swim Lap Swim Mustin Pool 1700 - 1800 Skill Pro SUNDAY 1800 - 1845 Aqua Zumba - Veronica Lap Swim Mustin Pool SATURDAY Lap Swim Mustin Pool SATURDAY Lap Swim Mustin Pool SATURDAY 1000 - 1800 Lap Swim 0 1000 - 1800 Lap Swim 4300 Control Saturday 0 Saturday Saturday 1000 - 1800 Lap Swim Saturday 0 Saturday Saturday 1300 Saturday Saturday 1300 Saturday Saturday 1300 Saturday Saturday 1400 Saturday Saturday <

	MONDAY		TUESDAY			
0900 - 1000	CRUSHIIT - Jessica	Family Fitness	0930 - 1030	Yoga - Mimi	Family Fitness	
0700 - 0730	Balance 30 - Lu	Wellness	1100 - 1200	Tai Chi	Family Fitness	
1200 - 1400	Fitness Training - Tim	Wellness	1600 - 1700	Cardio Boxing - Dennexx	Family Fitness	
1530 - 1730	Fitness Training - Tim	Wellness	0900 - 0945	Strength Training - Amy	Wellness	
1700 - 1730	Insane Abs - Chris	Wenzel	1200 - 1400	Fitness Training - Tim	Wellness	
	WEDNESDAY		1530 - 1730	Fitness Training - Tim	Wellness	
900 - 1000	Spin - Jessica	Family Fitness	1700 - 1800	Get In The Zone - Chris	Wenzel	
600 - 1645	Spin - OT	Family Fitness	0530 - 0730	Lap Swim	Corry Pool	
200 - 1400	Fitness Training - Tim	Wellness	1200 - 1800	Lap Swim	Corry Pool	
530 - 1730	Fitness Training - Tim	Wellness	1200 - 1245	Aqua Zumba	Corry Pool	
700 - 1730	Insane Abs - Chris	Wenzel	1700 - 1800	Masters	Corry Pool	
530 - 0730	Lap Swim	Corry Pool	THURSDAY			
200 - 1800	Lap Swim	Corry Pool	0900 - 1000	Anything Goes - Robin	Family Fitness	
700 - 1800	Masters	Corry Pool	0900 - 0945	Strength Training - Amy	Wellness	
	FRIDAY		1200 - 1400	Fitness Training - Tim	Wellness	
900 - 1000	Boxing with a Twist - Dennexx	Family Fitness	1530 - 1730	Fitness Training - Tim	Wellness	
000 - 1100	Tai Chi	Family Fitness	0530 - 0730	Lap Swim	Corry Pool	
000 - 1030	Balance 30 - Lu	Wellness	1200 - 1800	Lap Swim	Corry Pool	
200 - 1400	Fitness Training - Tim	Wellness	1700 - 1800	Masters	Corry Pool	
.530 - 1730	Fitness Training - Tim	Wellness	SATURDAY			
530 - 0730	Lap Swim	Corry Pool	1000 - 1800	Lap Swim	Corry Pool	
200 - 1800 700 - 1800	Lap Swim Masters	Corry Pool Corry Pool	1200 - 1800	SUNDAY Lap Swim	Corry Pool	
losed for Clea	a y: 0400-2000 ning 1330-1400 day & Holidays: 0900-1700			A Z	UM BA	
losed for Clea aturday 0800 unday & Holi AMILY FITNE orry Station I	ay: 0500-1800 aning 1400-1430 -1300 days: Closed SS - 850.452.6004 Bldg. 3712	EMBER 10 ENT WALK	WE WILL REA	"WE WILL REMEMBER EVERY RESCUER WHO DIED IN HONOR. Aender every family that lives in grief. We will will rem -george W. Bush	EMBER.*	
	dayer Clocod	LL NEVER FOR 0800 ****	******			