

Corry Group Fitness Schedule December 2025

Monday

0815 - 0900	Pillar 360	Family Fit A
0915 - 1015	Full Body Strength	Family Fit A
1030 - 1130	Toddler size	Family Fit A
1100 - 1200	Strength Training	Family Fit B
1600 - 1700	Zumba	Family Fit A
1600 - 1700	Strength Training	Family Fit B
0630 - 0700	Morning Kick Start	Wenzel
1700 - 1730	Insane Abs	Wenzel

Wednesday

0815 - 0900	All In	Family Fit A
0915 - 1015	Spin	Family Fit A
1030 - 1130	Toddler size	Family Fit A
1100 - 1200	Strength Training	Family Fit B
1600 - 1645	Zumba	Family Fit A
1600 - 1700	Strength Training	Family Fit B
0630 - 0700	Morning Kick Start	Wenzel
1700 - 1730	Cardio Blast	Wenzel

Friday

1030 - 1115	Tai Chi	Family Fit A
1100 - 1200	Strength Training	Family Fit B
1600 - 1700	Strength Training	Family Fit B
0615 - 0700	Flex Friday	Wenzel

Aquatics
850-452-6317
Bldg. 3735

CLOSED!!!!

Tuesday

0915 - 1015	Cardio Blast	Family Fit A
1030 - 1115	Tai Chi	Family Fit A
1100 - 1200	Strength Training	Family Fit B
1600 - 1645	Spin	Family Fit A
1600 - 1700	Strength Training	Family Fit B
0630 - 0730	NOFFS Bootcamp	Wenzel
1700 - 1800	Get in the Zone	Wenzel

Thursday

0915 - 1015	Full Body Strength	Family Fit A
1030 - 1115	Zumba	Family Fit A
1100 - 1200	Strength Training	Family Fit B
1600 - 1645	Spin	Family Fit A
1600 - 1700	Strength Training	Family Fit B
0630 - 0730	NOFFS Bootcamp	Wenzel

Family Fitness Center
850-452-6004 or 850-452-6802
Bldg. 3712

Monday - Friday
0600 - 1900
Sat, Sun, & Holidays:
CLOSED

Wenzel Fitness Center
850-452-6198
Bldg. 3711

Staffed
Mon-Sun 0400 - 0000

24/7 Access

See front desk for more details



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NASP Group Fitness Schedule December 2025

Monday

1015 - 1100	Flow Yoga	Radford
1115 - 1200	"Func" Fitness	Radford
1615 - 1700	Spin	Radford

Wednesday

0915 - 1000	Upper Body Sculpt	Radford
1015 - 1100	Zumba	Radford
1615 - 1700	Spin	Radford

Friday

0915 - 1015	Spin	Radford
1015 - 1100	Yin Yoga	Radford

Saturday

0915 - 1000	Zumba	Radford
1015 - 1100	Spin	Radford

Tuesday

0915 - 1000	Lower Body Sculpt	Radford
1015 - 1045	Ultimate Core	Radford
1700 - 1800	Slow Flow Yoga	Radford

Thursday

0915 - 1000	Barre	Radford
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Radford Fitness Center

850-452-9845

Bldg. 4143

24/7 Access

See front desk for details

No classes Dec 22-Jan 5

Indoor Pool

850-452-9426

Bldg. 3828

Indoor Pool

Saturday and Sunday

Lap Swim

0900-1700

Portside Fitness Center

850-452-7810

Bldg. 606

24/7 Access

See front desk for details

Active Duty E4 & below ONLY

Mon - Fri: 1430 - 2000

JINGLE BELL FUN RUN

RADFORD FITNESS CENTER
WED, DEC 10 • 8am

FAMILY FRIENDLY

Dress up for festive fun!

Scan QR to sign up • Open to DoD ID cardholders

Run around the sidewalks of Radford Fitness Center • Not timed

MWR FITNESS

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