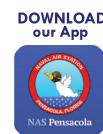


Corry Group Fitness Schedule January 2026

Monday			Tuesday		
0815 - 0900	Pillar 360	Family Fit A	0915 - 1015	Cardio Blast	Family Fit A
0915 - 1015	Full Body Strength	Family Fit A	1030 - 1115	Tai Chi	Family Fit A
1030 - 1130	Toddler size	Family Fit A	1100 - 1200	Strength Training	Family Fit B
1100 - 1200	Strength Training	Family Fit B	1600 - 1645	Spin	Family Fit A
1600 - 1700	Zumba	Family Fit A	1600 - 1700	Strength Training	Family Fit B
1600 - 1700	Strength Training	Family Fit B	0630 - 0730	NOFFS Bootcamp	Wenzel
0630 - 0700	Morning Kick Start	Wenzel	1700 - 1800	Get in the Zone	Wenzel
1700 - 1730	Insane Abs	Wenzel	Thursday		
Wednesday			0915 - 1015	Full Body Strength	Family Fit A
0815 - 0900	All In	Family Fit A	1030 - 1115	Zumba	Family Fit A
0915 - 1015	Spin	Family Fit A	1100 - 1200	Strength Training	Family Fit B
1030 - 1130	Toddler size	Family Fit A	1600 - 1645	Spin	Family Fit A
1100 - 1200	Strength Training	Family Fit B	1600 - 1700	Strength Training	Family Fit B
1600 - 1645	Zumba	Family Fit A	0630 - 0730	NOFFS Bootcamp	Wenzel
1600 - 1700	Strength Training	Family Fit B	Family Fitness Center 850-452-6004 or 850-452-6802 Bldg. 3712 Monday - Friday 0600 - 1900 Sat, Sun, & Holidays: CLOSED		
0630 - 0700	Morning Kick Start	Wenzel			
1700 - 1730	Cardio Blast	Wenzel			
Friday					
1030 - 1115	Tai Chi	Family Fit A	Wenzel Fitness Center 850-452-6198 Bldg. 3711 Staffed Mon-Sun 0400 - 0000 24/7 Access See front desk for more details		
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 Aquatics schedule can be found at MWR Pensacola Facebook.					



NASP Group Fitness Schedule January 2026

Monday			Tuesday		
1015 - 1100	Flow Yoga	Radford	0915 - 1000	Lower Body Sculpt	Radford
1115 - 1200	Shred & Burn	Radford	1015 - 1045	Ultimate Core	Radford
1615 - 1700	Spin	Radford	1700 - 1800	Slow Flow Yoga	Radford
Wednesday			Thursday		
0915 - 1000	Upper Body Sculpt	Radford	0915 - 1000	Barre	Radford
1015 - 1100	Zumba	Radford	Radford Fitness Center 850-452-9845 Bldg. 4143 FEP Active Duty only starting Jan 12 Mon & Wed 1500 - 1600 Tues & Thurs 0600 - 0700 Group classes resume Jan 5		
1615 - 1700	Spin	Radford			
Friday					
0915 - 1015	Spin	Radford			
1015 - 1100	Yin Yoga	Radford			
Saturday			Portside Fitness Center 850-452-7810 Bldg. 606 24/7 Access See front desk for details <u>Active Duty E4 & below ONLY</u> Mon - Fri: 1430 - 2000		
0915 - 1000	Zumba	Radford			
1015 - 1100	Spin	Radford			
Indoor Pool 850-452-9426 Bldg. 3828 Aquatics schedule can be found at MWR Pensacola Facebook.					

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