



Volume 26 Number 8

# At Ease

August 2017

NAS Pensacola & NASP Corry



Become A Fan Of MWR on Facebook  
**MWR Pensacola**

**GO MOBILE!**  
"navylifepensacola"



[www.navymwrpensacola.com](http://www.navymwrpensacola.com)

MWR General Information: 850-452-3806



## Saturday, August 5

10 am - 2 pm

**Barrancas Sports Complex**

**Wear your bathing suit!**  
**Bring Towels & Lawn Chairs**

**GIANT Water Slides**  
~ Spider Mountain  
~ Fun For All Ages  
~ Other Inflatable Games



**Food & beverage available for purchase**  
**For info call 850-452-3806**



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

**Sign up starting**  
**Monday, July 17th**  
**\$50 per junior**  
**for all eligible**  
**MWR patrons**



### 2017 FIRST TEE PROGRAM

**New enrollees Ages 5 - 7**  
will be in the **Target Level**  
**Ages 8 - 12**  
will be in the **PLAYer Level**

\*Juniors must have gone through TARGET to participate in the PLAYer/PAR class or be experienced if age 9 or below



### FALL CLASS SCHEDULE

#### TARGET CLASS

*Tuesdays (1 hour)*

**Aug 22 - Oct 17**  
**1530 - 1630**

*Wednesdays (1 hour)*

**Aug 23 - Oct 18**  
**1530 - 1630**

#### PLAYer/PAR CLASS

*Tuesdays (1 hour 30 min)*

**Aug 22 - Oct 17**  
**1700 - 1830**

*Wednesdays (1 hour 30 min)*

**Aug 23 - Oct 18**  
**1700 - 1830**

*Each class will have 12 juniors MAX*

*Sign up at Corry Station Youth Center*

*For more info call Josh Meador at A.C. Read 452-2454*

## Portside Twin Cinema

Box Office Open Tuesday - Sunday ♦ 850-452-3523  
Movie Info (recording) ♦ 850-452-3522

# FREE MOVIES AUGUST 2 & 9 STARTING AT NOON

Get your **FREE** ticket early!  
**Box Office Opens 10am**

## AutoRama Resale Lot

NEX Mall Hwy. 98 ♦ 850-452-6542



**Visit Corry Auto Skills  
to register your  
vehicle to sell at  
AutoRama Resale  
Lot!**

## Auto Skills Center

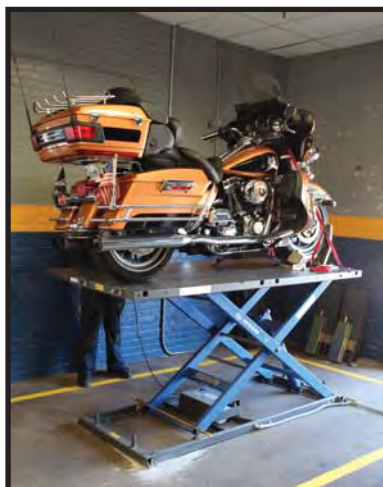
Tuesday - Saturday ♦ 11 am - 7 pm ♦ 850-452-6542  
NASP Corry, Building 1006

*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!**

**We Also Have  
Motorcycle & ATV Lifts**



**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

## NASP CORRY STATION CRICKET TOURNAMENT

August 7 - 28, 2017



(4 person teams)

NASP Corry Station Bowling Center  
Bldg. 3738

MWR Sports Office Bldg. 3738

Eligible Patrons: Active Duty & Their Spouses, Ready Reservists,  
DOD & Permanent Contracted Personnel of NASP Corry Station

For More Information, Contact Your Command Sports Representative  
or Call the NASP Corry Station Sports Office: 850-452-6520

## 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:**

Baby Driver ♦ Despicable Me 3  
Spider-Man: Homecoming  
War for the Planet of the Apes  
Wish Upon ♦ Dunkirk ♦ Girls Trip  
Valerian & the City of a Thousand Planets

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





**Wednesday, August 23 ♦ 1200 & 1700**  
**Wenzel Fitness Center, Bldg. 3711**

Each participant will have five 3-point shots from various locations around the three point line. Participants will be timed at the start in which the goal is to make the most shots in the least amount of time.



For Information, call 850-452-6198

**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*

## **NASP CORRY STATION KICKBALL TOURNAMENT**

**August 24 - September 14, 2017**



(10 vs. 10)

NASP Corry Station Sports Fields  
Deadline to Enter: August 16, 2017 @ 1100  
Coaches Meeting: August 16, 2017 @ 1100  
MWR Sports Office Bldg. 3738

Eligible Patrons: Active Duty & Their Spouses, Ready Reservists,  
DOD & Permanent Contracted Personnel of NASP Corry Station



For More Information, Contact Your Command Sports Representative  
or Call the NASP Corry Station Sports Office: 850-452-6520

## **A&W All American Food**

Located in the Portside Entertainment Center  
850-453-8196

### **NEW DAILY SPECIALS!**

#### **Monday**

\$1 Cheeseburgers

#### **Tuesday**

\$1 Coney Dogs

#### **Wednesday**

\$5 Two Papa Burger Singles

#### **Thursday**

\$5 (pick from one of the following):  
Cheeseburger Meal  
Coney Dog Meal  
2pc. Hand-Breaded Chicken  
Tenders Meal

All meals include medium Float and chili cheese fries.

#### **Friday**

\$5 Bacon Cheeseburger Combo





Located In The Portside Food Court  
Building 3912

**EVERY TUESDAY  
IS  
CONEY DAY!**



**Only \$1**

## 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

SUMMER  
YOUTH  
BOWLING CAMP  
**AUGUST 2-4**



Ages: 5yrs – 18yrs  
Time: 9 am -1 pm  
Call Corry Bowling Center to sign up  
850-452-6380 (must have access to the base)

**SOCK HOP**

**COSMIC**

**SATURDAY**

**AUGUST 12 7:00 – 9:30 PM**

\$10 per person  
Shoes and bowling

\$8 per person if dressed  
Back to the 50's sock hop



**August 8<sup>th</sup>  
IS  
BOWLING DAY**  
Want to improve your  
game?  
Free Coaching  
11 am – 10 pm



**Youth Bowling League  
Meet and Greet  
Saturday Aug 26  
At 11 am**



See what the program involves  
Meet other bowlers  
Form teams  
Bowl

# Get Paid To Work Outdoors!



**WE'RE HIRING  
LIFEGUARDS**

—APPLY NOW AT—  
[www.navymwrpensacola.com](http://www.navymwrpensacola.com)

**Starting pay \$10.70**

Call 850.452.9429  
for more information



**2017 FALL START SMART  
SPORTS DEVELOPMENT  
PROGRAM**



## IS YOUR CHILD READY FOR SPORTS?

The National Alliance for Youth Sports and  
Navy Pensacola Youth Program present the  
Start Smart Sports Development program.

**What:** Start Smart is a six-week instructional program that helps parents work one-on-one with their children while teaching them the basics of sports: throwing, catching, kicking and batting. The program helps prepare children for organized youth sports by using safe and fun equipment to teach them the basic motor skills needed to compete.

**Who:** Start Smart is open to children (3-5) years old who can attend each session with their parent or another significant adult to prepare for organized sports. Open to authorized dependents...

**Where:** Start Smart will be held at the Hwy 98 Sports Complex for six consecutive Wednesdays/Thursdays.

**When:** Wednesday or Thursday 1600-1700,  
September 6 - October 12

**No Cost:** Parent must be present and participate - Open to authorized dependents...

**To register, please call 850.453.3490 or 850.293.0547  
or stop by the Corry Youth Center and sign up  
between August 1- 25**



## NAS PENSACOLA RECREATION OVER 30 BOWLING



**August 25, 2017**  
**Corry Bowling Center**  
**Deadline to Enter August 21, 2017**  
**Individual Sign Up**

This event is a Recreation Sporting event so ANY eligible patron authorized to use the facilities may enter.



For More Information, Contact Your Command Sports Representative  
 or Call the NAS Pensacola Sports Office: 850-452-4391/4392

## Bayou Grande Marina

Thursday - Monday ♦ 9 am - 5 pm ♦ 850-452-4152

## Summer Sailing, Kayaking & Safe Boating Camps



Interested parents should contact  
 the MWR Youth Center  
 at 452-2417 or  
 MWR CDC at 453-6286 or  
 MWR Aquatics at 452-9429  
 for dates and information.



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)



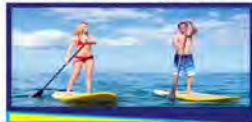
### Portside Cinema 452-3523

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)

### PARTY PACKAGES

#### 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](http://navymwrpensacola.com/online-survey)

For more info on activities offered  
 by MWR please visit our website  
[navymwrpensacola.com](http://navymwrpensacola.com)







## Sandpit Medicine Ball Volleyball

Wednesday, August 16th @ 1200 & 1700

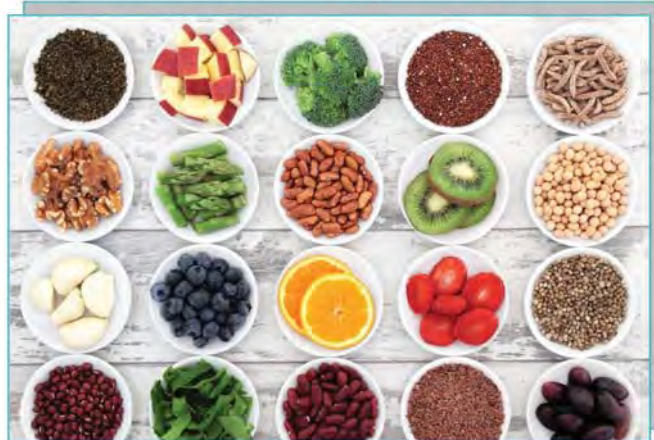
Teams of 3 will compete for 3 round bouts lasting one minute each. The goal is to catch the medicine ball then toss it back across the volleyball net. Teams will receive points when opposing team allows medicine ball to hit the deck.



For Information, call 850-452-6198

## Back To School Nutrition

Healthy choices that will help stay focused and physically healthy



- ➔ LET'S US HELP TAKE CARE OF YOU!
- ➔ LET'S TALK ABOUT BETTER EATING HABITS AND WOMEN'S HEALTH!

*Come join us at the  
Family Fitness Center  
from 10am - noon*

*on August 19th  
850.452.6004*



## Bayou Grande Marina

Thursday - Monday ♦ 9 am - 5 pm ♦ 850-452-4152

## THURSDAY EVENING SAILBOAT RACES

Sailboat Races Are Held Every  
Thursday Evening, 5 – 7:30 pm



There are 5 races each Thursday evening and cost only \$10 per person and includes use of a 14' Sunfish sailboat and all the related gear to compete!

## NAS PENSACOLA CAPTAIN'S CUP DISC GOLF TOURNAMENT



(4 Person Team)

**August 29, 2017**

**Blue Angel Park**

**Deadline to Enter August 18, 2017**

Eligible Patrons: Active Duty & Their Spouses, Ready Reservists,  
DOD & Permanent Contracted Personnel of NAS Pensacola



For More Information, Contact Your Command Sports Representative  
or Call the NAS Pensacola Sports Office: 850-452-4391/4392

## Blue Angel Park

Daily ♦ 8 am - 4 pm ♦ 850-281-5489

## Saturday Morning Sailing Classes



August 5 & 19 Beginner 10 am - 3 pm .....\$35  
August 12 & 25 Intermediate 10 am - 3 pm..\$40  
By Appointment - Advanced Keel Class

## Sherman Cove Marina

NAS Pensacola ♦ 850-452-2212

## Pontoon Boat Rentals

There are plenty of nice boating days in the mild Florida climate. Go for a lunchtime cruise to the Oyster Bar on Perdido Key. Go beach combing in a secluded cove or a remote beach.

**22' Pontoon Boat:** \$28 / \$70 / \$140  
**25' Pontoon Boat:** \$30 / \$75 / \$150  
**17' Boston Whaler Skiff:** \$15 / \$40 / \$75  
**17' Cape Horn:** \$30 / \$75 / \$150  
**21' Edge Waters:** \$35 / \$90 / \$150

## Bayou Grande Marina

Thursday - Monday ♦ 9 am - 5 pm ♦ 850-452-4152

## Saturday Morning Sailing Classes



It Only Takes  
One Saturday Morning Class  
To Be Certified  
To Rent Our Sailboats!

August 5 & 19 Beginner 10 am - 3 pm \$35  
August 12 & 26 Intermediate 10 am - 3 pm \$45

Call 850-452-4152 to schedule  
your sailing class!

## BGM Boat & Board Rentals

14' Sunfish: \$7.00 / \$35.00  
14' Laser: \$7.50 / \$38.00  
18' Hunter: \$8.50 / \$43.00  
19' Flying Scot: \$9.00 / \$45.00  
22' Catalina: \$19.00 / \$100.00  
Canoes & Kayaks: \$6.00 / \$30.00 (No class required)  
Paddleboards: \$6.00 / \$30.00 (No class required)

*Rent A Boat,  
It's Cheaper  
Than Buying One!*

## NASP Corry Bowling Center



Each  
Tuesday 6:30 - 8:30pm  
Friday 10pm - Midnight  
Saturday 7:30 - 9:30pm & 10pm - Midnight  
**Two Hours Of Bowling & Shoes  
Only \$8 Per Person!**

**We Offer Group  
Bowling Party  
Packages Too!**



Call the Bowling Center  
For Information  
Or Party Reservations  
850-452-6380



## Limited Time Offer

## Reese's Peanut Butter Treats



## Shake or Polar Swirl Only \$3



# CORRY GROUP FITNESS SCHEDULE AUGUST 2017

MONDAY			WEDNESDAY		
800	Balance 30 - Lu	Wellness	900	Step Out - Lisa	Wellness
900	Circuit Boot Camp - Elva	Family Fitness	900	Spinning - Bob	Wellness
900	Spinning - Bob	Wellness	1100-1300	Lap Swim	Aquatics
930	Balance 30 - Lu	Wellness	1100	Strength Training - Tim	Wellness
1100	Strength Training - Tim	Wellness	1115	Spinning - OT	Wellness
1115	Spinning - Lisa	Wellness	1130	Operation Circuit Madness - Leon	Wenzel
1130	Cardio & Ab Sculpt-Leon	Wenzel	1230-100	Step Out - Lisa	Wellness
1230-100	Step Out - Lisa	Wellness	1630	Spinning - Lena	Wellness
1630	Spinning - Lena	Wellness	1630	Toddlercize - Toni	Family Fitness
1645	Zumba - Barbara	Family Fitness	1800	Aqua Zumba	Aquatics
1700	Master's Swim	Aquatics			

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	Lap Swim	Aquatics	945	Fit Mamas - Elva	Family Fitness
1100	Strength Training - Tim	Wellness	1100-1300	Lap Swim	Aquatics
1130	PRT Run Improvement-Leon	Wenzel	1100	Strength Training - Tim	Wellness
1630	Kids Zumba - Barbara	Family Fitness	1130	PRT Run Improvement-Leon	Wenzel
			1700	Cardio Box - Dennexx	Family Fitness

FRIDAY		
800	Balance 30 - Lu	Wellness
800	Circuit Boot Camp - Elva	Family Fitness
900	Zumba - Barbara	Family Fitness
900	Strength Training - Tim	Wellness
900	Spinning - Bob	Wellness
930	Balance 30 - Lu	Wellness
1000	Ab Tunes - Dennexx	Family Fitness
1100-1300	Lap Swim	Aquatics
1700	Master's Swim	Aquatics

**WENZEL - 850.452.6198**

Corry Station Bldg. 3711

Mon - Thurs: 0500-2000, Fri: 0500-1800

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

**AQUATICS - 850.452.6317**

Call for hours of operation

**NEW  
HOURS!!!!**





# NASP GROUP FITNESS SCHEDULE AUGUST 2017

MONDAY			TUESDAY		
900	Circuit - Robin	Radford	900	Pilates - Keri	Radford
1015	Zumba - Veronica	Radford	0900-0930	TTCT - Chris	Portside
1115	Pilates - Keri	Radford	0930-1000	TTCT - Chris	Portside
1200	NOFFS Functional Fitness	Portside	900	Paddle Board - Andi	Bayou Grande
1630	NOFFS Functional Fitness	Portside	1000	Strong by Zumba - Veronica	Radford
1600-1645	Cardio Kickboxing - Roger	Radford	1030-1100	"Six Pack" Abs - Chris	Portside
1700-1745	S.A.C. - Ann	Radford	1100-1130	TTCT - Chris	Portside
1800-1845	Relax Yoga - Dana	Radford	1100-1800	Lap Swim	Mustin Pool

WEDNESDAY			1115	Cardio Kickboxing - Roger	Radford
0615-0700	Chaos Spin - Michal	Radford	1130	SUP Fitness - Andi	Bayou Grande
915	Spinning - Andi	Radford	1130-1200	TTCT - Chris	Portside
1100-1800	Lap Swim	Mustin Pool	1600-1645	Spinning - Regine	Radford
1130	ABsolute - Andi	Radford	1630-1800	Lap Swim	Indoor Pool
1200	NOFFS Functional Fitness	Portside	1700-1745	TRX - Roger	Radford
1600-1645	Zumba - Veronica	Radford	1700	Master's Swim	Indoor Pool
1630	NOFFS Functional Fitness	Portside	1800-1845	Yoga - Lela	Radford
1700	Circuit - Robin	Radford	1800-1845	Aqua Aerobics	Mustin Pool

FRIDAY			THURSDAY		
915	Spinning - Andi	Radford	900	HIIT - Brittany	Radford
1115	Strong by Zumba - Veronica	Radford	0900-0930	TTCT - Chris	Portside
1100-1800	Lap Swim	Mustin Pool	0930-1000	TTCT - Chris	Portside
			1000	Zumba - Veronica	Radford
			1030-1100	"Six Pack" Abs - Chris	Portside
			1100-1800	Lap Swim	Mustin Pool
			1100-1130	TTCT - Chris	Portside
			1115	PUMP - Michal	Radford
			1130-1200	TTCT - Chris	Portside
			1600-1645	Spinning - Regine	Radford
			1630-1800	Lap Swim	Indoor Pool
			1700-1745	S.A.C. - Ann	Radford
			1700	Master's Swim	Indoor Pool
			1800-1845	Yoga - Lora	Radford
			1800-1845	Aqua Aerobics	Mustin Pool

## 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

Closed Mondays

Indoor Pool Bldg. 3828



# August 2017 Group Fitness Descriptions

**Absolute:** Saluting your ABs to the fullest. A 30 minute abs/core class taken to the next level!!

**Aqua Aerobics:** Traditional style aerobics in the water!

**Balance 30:** Multi-Component training addressing decreased balance.

**Bodies in Motion:** For women over 50, class consists of dancing, strength training, balancing and stretches.

**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:** Simply – Box Mania with added cardio intervals.

**Chaos Spin:** 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.

**Fit Mamas:** Designed for moms with little ones, incorporates power walking, running, strength and toning with your child in the stroller.

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

**NOFFS Functional Fitness:** 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.

**Paddle Board, SUP Fitness, Fitness OnBoard:** Come check out the hottest thing in fitness – bring a towel, sunscreen and water! Bayou Grande Marina.... 452-9845 for more info!

**PKB (Power Kick Box):** Taking regular kick boxing to the next level!!!

**Pilates:** A classic Pilates method to increase core muscular strength while developing an understanding of Pilates movement.

**POWER Yoga:** Emphasizes strength, flexibility and core work. Breathe, sweat and FLOW to help improve body conditioning.

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

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

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

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

**Six Pack Abs /Ab Tunes:** 30 minutes of fun abs

**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 to the Zumba beat.

**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.

**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.

