



Volume 27 Number 4

At Ease

NAS Pensacola & NASP Corry

April 2018

GO MOBILE!
"navylifepensacola"



Become A Fan Of MWR on Facebook

MWR Pensacola

www.navymwrpensacola.com

MWR General Information: 850-452-3806

MWR offers these Specials in April in Support of Our Military Children

APRIL is the month of the **MILITARY CHILD** 2018

A&W ~ 453.8113

1/2 Price (\$2.25) Kid's Meal with purchase of adult meal

A.C. Read Golf Course ~ 452.2454

Military Dependent Child 17 & under plays FREE on Par 60 & FootGolf Courses when accompanied by paying adult

Aquatics ~ 452.9429

\$10 Swim Lessons for Military Dependent Children **April 23, 24th, 26th & 27th**

Beginners 4:30 - 5:00pm ♦ **Intermediate** 5:00 - 5:30pm ♦ Includes 4 lessons for beginning swimmers ♦ Spaces Limited

Bayou Grande Marina ~ 452.4152

50% Off Kayak Rental when accompanied by an adult

Blue Angel Park ~ 281.5489

50% off kayak or paddleboard rental when accompanied by an adult.

Community Recreation Events ~ 452.3806

Paint & Create \$20 – **April 7th** 2-4pm at Mustin Beach Club

Backpacking 101 Overnight Skills Course – **April 7th-8th**

Terra Cotta Pot Craft – **April 21st**

Movie on the Lawn – **April 28th** Movie "Coco" rated PG ♦ Begins at Dusk at Portside Gym, Bldg. 627 Every 2nd & 4th Saturday

Family Fitness ~ 452.6004

April 7th Toddlercise ½ mile fun run at Corry Track – 9 am

April 14th Earth day 5k run behind Wenzel Gym at the chip trail (Only kids can participate)

April 28th Bean Boozled Teens/Verses Parents circuit challenge April 28th at Family Fitness Center – 9 am.

Library ~ 452.4362

April 6th: Giant coloring page. Come color a military-themed giant coloring page! Will be up all month.

April 13th: Design a Bookmark contest (Also National Library Week)

Come design, color, and decorate a bookmark. The winning bookmark will be printed for use at the library as well for the Summer Reading Program. Open to all ages!

April 20th: Puzzle day! Come hang out for a bit and put some puzzles together. Multiple puzzles will be out to work on!

April 27th: Story Hour and rock painting activity.

Military Children ROCK! Come paint a rock at the library and then take it home or hide it on base to surprise others.

We'll have all the supplies needed for painting.

Mustin Beach Club ~ 452.2137

Free Cookie for Military Dependent Child

The Oaks ~ 452.3859

One Free Meal for Military Dependent with purchase of one adult meal

Portside Cinema ~ 452.3522

One Free Small Soda or Popcorn for Active Duty Military Dependent with purchase of child ticket

Purple Up for Military Children ~ 452.3806

April 13th ♦ Wear Purple in support of Military Children

Radford Fitness Center ~ 452.9845

April 13th ♦ Little Yogis Class - Kids are invited to participate in Zumba Classes with their parents at 10am

Ski Beach ~ 281-0134

50% off kayak or paddleboard rental when accompanied by an adult.

Youth Center Corry ~ 453.3490

April 6th – 2018 Kick-off for MOTMC, reading of the Month of the Military Child Proclamation.

Youth Center NAS ~ 452.2417

April 2 ♦ 3-6pm Hero Wall- Parent/Child Event

April 13th ♦ Get Your Purple On – Wear purple in support of Military children

April 17th ♦ 3:30-5:30pm Military Appreciation Day Event – Food & Games from around the world.

Corry Youth Sports ~ 453.3490

April 6th – 2018 Kick-off for MOTMC, reading of the Month of the Military Child Proclamation.

April 13th – Purple Up Day and Field Day

April 23rd – Plant an orange tree for Earth Day

April 27th-28th Operation Megaphone, designed to connect military teens from around the world.



A&W All American Food

Located in the Portside Entertainment Center
850-453-8196

Limited Time Offer



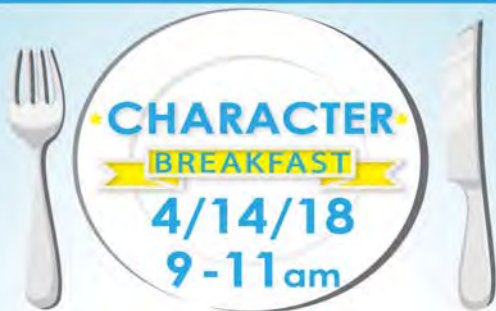
Single \$3.50, Combo \$6.50
Double 4.50, Combo \$7.50

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*



Put on your favorite costume and
come meet your favorite characters
at Mustin Beach Club!

Tickets are \$6 per person
and can be purchased at

Tickets & Travel Office Bldg. 3787
NEX Shopping Mall - Hwy 98

452-6354



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

2018 Sessions:

Apr. 28 - May 26 (Saturdays)
0800 - 0900 & 0930 - 1030

June 16 - July 14 (Saturdays)
0800 - 0900 & 0930 - 1030

July 21 - August 18 (Saturdays)
0800 - 0900 & 0930 - 1030

Sept. 1 - Sept. 29 (Saturdays)
0800 - 0900 & 0930 - 1030

Cost:

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





Paint & Create

Celebrating Month of the Military Child

\$20
per person



Give a Dog a Bone



Swimming Sea Turtle

April 7 1400-1600
at Mustin Beach Club

Bring your creativity
and paint a 12x12 canvas
of your choice!



**ATTEND PAINT & CREATE FOR A
CHANCE TO WIN 4 LEGOLAND TICKETS!**

Sponsorship of this event does not imply endorsement by the federal government of product or services.

Pay at Tickets & Travel on Corry Station Bldg. 3787 or call 850-452-6354 for more info



BACKPACKING 101 OVERNIGHT SKILLS COURSE

APRIL 7TH-8TH MAY 5TH-6TH SATURDAY 8 AM - SUNDAY 3 PM

EVER GET THE FEELING YOU JUST NEED TO GET BACK TO NATURE?
GET OUT AND ENJOY A WEEKEND HIKING, BACKPACKING, AND
CAMPING IN THE WOODS. WE'LL SHOW YOU HOW!

BOOK NOW
LIMITED SPACE
AVAILABLE



ONLY \$40
GEAR INCLUDED
BACKPACKING 101

FOR MORE INFORMATION CALL 850-281-5489

SIGN UP FOR THE SKILLS COURSE AT BLUE ANGEL PARK, 2100 BRONSON ROAD AT THE OUTPOST MARINA



***BACKPACKING 101 SKILLS COURSE IS A PREREQUISITE FOR ALL NAS PENSACOLA CR BACKPACKING TRIPS**

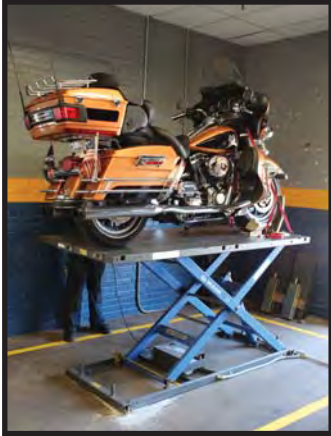
Auto Skills Center

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

NASP CORRY STATION

DOUBLES HORSESHOE TOURNAMENT



(2 Person Team)

APRIL 18 - MAY 17, 2018

(Tentative Dates)

NASP Corry Station Horseshoe Pits

Deadline to Enter: April 11, 2018 @ 1100

Coaches Meeting: April 11, 2018 @ 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



NASP CORRY STATION PAINTBALL TOURNAMENT



(5 PLAYER TEAMS)

SATURDAY MAY 5, 2018

CHECK IN TIME: 0800

BLUE ANGEL PARK PAINTBALL FIELDS

(ALL EQUIPMENT IS SUPPLIED)

Deadline to Enter: April 26, 2018 @ 1100

Coaches Meeting: April 28, 2018 @ 1100

MWR Sport 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



NASP CORRY STATION SOCCER



(6 vs. 6)

APRIL 10- JUNE 4, 2018

(Tentative Dates)

Corry Station Sports Fields

Deadline to Enter: APRIL 3, 2018 @ 1100

Coaches Meeting: APRIL 3, 2018 @ 1100

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



AutoRama Resale Lot

NEX Mall Hwy. 98 ♦ 850-452-6542



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

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 ♦ 8 am - 4 pm ♦ 850-452-4152

Saturday Sailing Classes



Upon successful completion,
students will receive
United States Naval Sailing Association
certification, recognized throughout
the Navy and Marine Corp.

April 7 & 21 Beginner 10 am - 3 pm \$40

April 14 & 28 Intermediate 10 am - 3 pm \$45

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

BGM Boat & Board Rentals

14' Sunfish: \$7.00 hr. / \$35.00 day

14' Laser: \$7.50 hr. / \$38.00 day

18' Hunter: \$8.50 hr. / \$43.00 day

19' Flying Scot: \$9.00 hr. / \$45.00 day

22' Catalina: \$19.00 hr. / \$100.00 day

Canoes and Kayaks: \$6.00 hr. / \$30.00 day

Paddleboards: \$6.00 hr. / \$30.00 day

DEADLIFT COMPETITION



Wednesday, April 18th

1130 & 1700

Wenzel Fitness Center

The Schwartz/Malone Formula will be used to determine
winners based on weight lifted pound for pound.

Medals will be awarded to
both male and female 1st, 2nd, and 3rd place winners

Contact Wenzel Fitness Center for more info

850-452-6198



Basketball Tournament

**April 2nd - 5th
Starts at 1630**

**Single game elimination for 7+ teams
Double game elimination for 6 teams and below!
Games will consist of two 20 minutes halves
(running clock) and a 3 minute OT if needed.
Teams must sign up prior to March 30! Please see
Wenzel Fitness Staff for more information!**

**Registration is now open at Wenzel
Fitness Center until March 30th**

850-452-6198



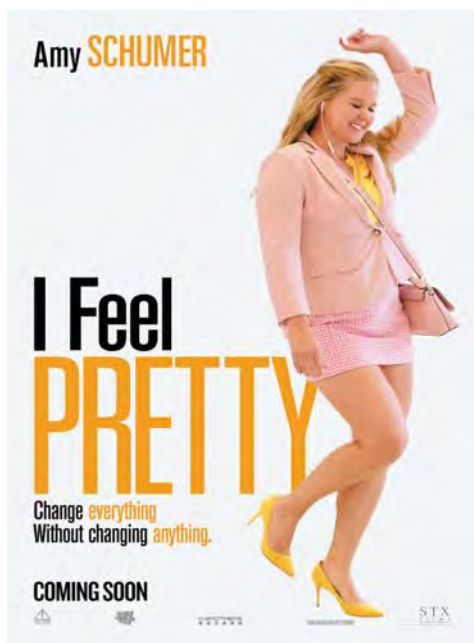
Portside Twin Cinema

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

FREE ADVANCED SCREENING!

April 14
5 pm

Rated
PG-13



Box Office Opens at 9 am
Open To AD, Ret, DOD, Contractors & Family!

Portside Twin Cinema

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

FREE ADVANCED SCREENING!

April 7
5 pm

Rated
PG-13



Box Office Opens at 9 am
Open To AD, Ret, DOD, Contractors & Family!



Wenzel Fitness Center Presents:
Open Play Dodgeball

When:
Wednesday, May 23

Time:
1130 & 1700

Open to all eligible patrons



NAS Pensacola Captain's Cup

(6 person team)



APRIL 23, 2018

NASP Portside Gym Bldg. 627

(This is a lunchtime event)

Deadline to Enter APRIL 13, 2018

**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**



SKI BEACH GEAR RENTALS



John Towers Rd. Bldg. 3487 281-0134




**MOUNTAIN BIKES GAMES
CAMPING GEAR COOLERS
FISHING GEAR
BOUNCE HOUSE**













Find us on Social Media
@OpMegaphone | #OMP2018

Service Project:
PLANNED ACTS OF KINDNESS
April 27-28, 2018
Teens from all services welcome!



Worldwide Teen Center Lock-In
Friday, April 27th 6pm - Saturday, April 28th 8am
Enjoy games, contests, food, and lots of fun for only \$20.
Open to all eligible Teen Center members.
Sign up call 850-791-1465 or email cspcolateencenter@gmail.com



Portside Twin Cinema

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



**NOW SHOWING
3D MOVIES!**

**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:
Annihilation ♦ Game Night ♦ Love
Death Wish ♦ Red Sparrow
A Wrinkle In Time ♦ Gringo ♦ Simon
The Strangers: Prey at Night
7 Days in Entebbe ♦ Tomb Raider

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

**2018
NAS Pensacola Captain's Cup
Paintball Tournament**
(5 PLAYER TEAMS)



Saturday April 14, 2018
Check in Time: 0800
Blue Angel Park Paintball Fields
(MWR ISSUED EQUIPMENT ONLY AND WILL BE PROVIDED)
Deadline to Enter: APRIL 6, 2018

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





Disco Cosmic
Saturday
April 21, 2018
6:30 – 9:30 pm
\$12 per person
\$10 dressed in your best disco attire
\$6, 6 years and under

Reserve your lane today
 Corry Bowling Center
 850-452-6380

MWR
 BOWLING

April 12th
Grilled Cheese Day



Grilled Cheese
\$1.50
All Day at the
Corry Grill

MWR
 BOWLING

NATIONAL
LIBRARY
WEEK APRIL 8-14
BOOKMARK CONTEST

Celebrate National Library Week

Come decorate or design a bookmark at the NAS Pensacola Library.

The contest will run April 8-14 and will be judged on April 16.

The winning bookmark will be posted on MWR Facebook page and printed for use at the Library during the Summer reading program.

Make your mark at the
 NAS Pensacola Library!
 Design your own bookmark
 between April 8-14.

Monday - Thursday
 1100-1900

Saturday and Sunday
 1200-1700

For more information 452-3194
 250 Chambers Avenue, Bldg. 634



MWRDIGITALLIBRARY.NAVY.MIL



Cosmic Bowling

Tuesday 6:30 – 8:30 pm

Friday 8:00 – 10:00 pm

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

\$8 per person

Includes shoes and 2 hours of bowling

Corry Bowling Center 850-452-6380



NAS PENSACOLA RECREATION



Wallyball Tournament

Start Date: April 13, 2018
Radford Fitness Center

Deadline to Enter April 6, 2018

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

For More Information, Please call

NAS Pensacola Sports Office: 850-452-4391/4392

NASP Corry Station Sports Office: 850-452-6520



Become a Certified Lifeguard Today!!! Be part of the NAS Pensacola MWR Aquatic Team

Requirements:

15 years of age, Pass pretest, 100% Attendance

Pretest:

300 yard swim (freestyle, breaststroke, or a combination),
 2 minute tread (no hands), 20 yard brick retrieval

Price:

Pretest-\$15.00 Class-\$175.00



Evening Classes are held aboard NAS Pensacola from 5-9pm

April Class:

Pretest Dates—April 16th or 19th

Class Dates—April 20-21-22-23-26-27-28-29

May Classes:

Pretest Dates—April 30th or May 1st

Class Dates—May 3-4-7-8-10-11-12-13

Lifeguard Prep Class

Every Thursday 6-645pm - \$5.00 per class

Get the skills needed to pass the pretest



Aquatic Office—850-452-9429 ♦ nasplgstaff@yahoo.com

<https://www.facebook.com/naspaquatics>

POOL HOURS FOR APRIL

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

PROGRAMS AVAILABLE

SKILLS PROFICIENCY:

Mon. & Thurs. 1645-1730
 Improve on your basic strokes, treading, and floating.

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

Month of the Military Child

SWIM LESSONS Only \$10

M,T,R,F 4/23 - 4/27
 1630-1700 & 1700-1730
 Beginner and Intermediate classes ages 4-10

GOSLINGS - PRE SWIM TEAM

Tues. & Fri. 1730-1820
 Advanced 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.navympensacola.com

Mini Duck Carnival

April 8 ♦ Mustin Pool
10am - Noon (Active Duty)
Noon - 2pm (All Patrons)

Join us for some April Fools Day fun with rubber duck water games!



Compete as an individual or as a team!

Open to authorized patrons of all ages.

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

NASP GROUP FITNESS SCHEDULE APRIL 2018

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

Indoor Pool Bldg. 3828



**MONTH OF
MILITARY
CHILD**

CORRY GROUP FITNESS SCHEDULE APRIL 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	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	800	Balance 30 - Lu	Wellness
1100-1300	Strength Training - Tim	Wellness	900	Toddlercize - Toni	Family Fitness
1400-1700	Strength Training - Tim	Wellness	1000	Spin Crazy - Dennexx	Family Fitness
1630	Kids Zumba - Barbara	Family Fitness	1100-1300	Strength Training - Tim	Wellness
			1230	Step - Lisa	Wellness
			1400-1700	Strength Training - Tim	Wellness

FRIDAY		
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



April 2018 Group Fitness Descriptions

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

Super Circuit: Total body strength and high intensity cardio utilizing battle ropes, med balls, kettlebells

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.

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

NOFFS ZONE: 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.

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.

