



At Ease

NAS Pensacola & NASP Corry

Volume 26 Number 5

May 2017



Become A Fan Of MWR on Facebook
MWR Pensacola

GO MOBILE!
"navylifepensacola"



www.navymwrpensacola.com

MWR General Information: 850-452-3806



FAMILY LULAU



MAY 19 5pm

Corry Recreation Center Lawn

Event FREE Food For Purchase

Live Entertainment

Info 850.452.3806




CHALLENGE YOURSELF MAY 2ND

THE ALPHA WARRIOR BATTLE RIG EVENT

TEAM ALPHA WARRIOR + OBSTACLE COMPETITION

NAS PENSACOLA • NATTC CHARLIE HANGAR



JUNIOR GOLF CAMPS \$60 AGES 5 -13
(\$10 off if you sign up for additional camps)

Each junior will receive a hat, balls, and snacks. No equipment needed!
There will be four different dates (2 for beginners & 2 for intermediate/advanced). 0800 - 1100
June 6 - 8(Beg) June 20 - 22(Int/Adv) July 11 - 13(Beg) July 25 - 27(Int/Adv)

FUNDamental Junior League \$75 AGES 5 -10
(\$65 if junior is signed up for one of the camps)

New/beginner golfers will have four 2 hour sessions (30 minute clinic, 1 hour 30 minutes playing in a team setting). League includes shirt, hat, and balls. No equipment needed! 0800 - 1000
June 13th(Tues) June 27th(Tues) July 10th(Mon) July 18th(Tues) Aug 1(Tue)

Junior League Travel Team \$199 AGES 8 -13

Intermediate/advanced golfers will have a 2 hour practice once a week and have 4-6 matches at courses in the area in a scramble format. League includes shirt, hat, balls, tees, instruction from a PGA professional, and golf during tournaments and practice.

Practice is Wednesday afternoons 1600 - 1800 (June - Aug)
Matches are TBD

*All programs and leagues are taught by a PGA Professional

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



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*

Auto Skills Center

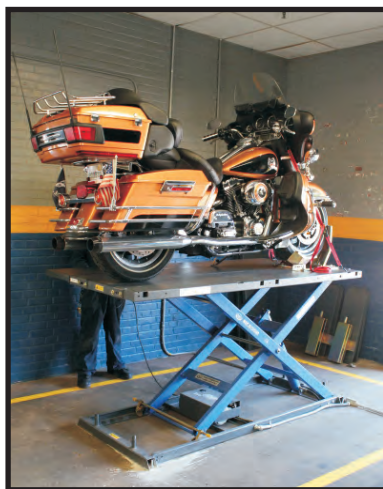
Tuesday - Saturday ♦ 11 am - 7 pm ♦ 850-452-6542
NASP Corry, Building 1006

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/ Hour \$30/Day**

Hours of Operation

Tuesday - Friday..... 11 am - 7 pm
Saturday..... 11 am - 7 pm
Sunday, Monday & Holidays Closed



Saturday May 13, 2017 ♦ 9 am

Link to event details and application forms:
Navymwrpensacola.com

**Applications available at
all NASP Fitness Centers.**

3 Person Teams ♦ 3 Divisions ♦ 35 Team Limit
Coed ♦ All Female ♦ All Male
Awards 3-Deep in each Division

Mountain bike, paddle, and run/trek, plus mystery events
on a 25 mile course using map & compass.

Teams can be any combination of Active Duty,
Retiree's and their respective dependents,
DOD and ROTC. Minimum age 18.

Race Directors

Bob Thomas 850-452-6802
Email: robert.m.thomas3@navy.mil
Brett Pelfrey 850-452-4391
Email: brett.pelfrey@navy.mil



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:

Ghost in The Shell ♦ The Boss Baby
Going in Style ♦ Unforgettable
Smurfs: The Lost Village
The Fate of the Furious
Spark: a Space Tail ♦ The Promise

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



Upcoming movies will be announced on MWR facebook www.facebook.com/mwrpensacola and MWR web site: www.navymwrpensacola.com

Movie On The Lawn (MOTL) continues every 2nd & 4th Saturday through August 12

Movies Begin at Dark in Front of Portside Gym - Bldg. 627 NASP

Free Popcorn

Bring your Lawn Chairs - Blankets - Coolers

In case of rain, the movie will be canceled. Check facebook for rain-outs or call 452-2372.



Thank You To Our Sponsor

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



NASP Corry Station Paintball Tournament Saturday May 6, 2017



5 Player Teams

Check in Time: 8am

Blue Angel Park Paintball Fields
(ALL EQUIPMENT IS SUPPLIED)

MWR Sports Office, Bldg. 3738

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



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

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



Lessons Presented by:

A.C. Read Golf Club Professionals

Josh Meador, PGA

Wayland Abernathy III, PGA

Spring 2017 Sessions:

Apr 24 - May 22 (Mondays)
1700-1800

Apr 25 - May 23 (Tuesdays)
1700-1800

Apr 27 - April 25 (Thursdays)
1800-1900

Cost:

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

**Register by Apr 17th, Apr 18th
or Apr 20th and get \$10 off.**



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

NASP Corry Disc Golf Tournament



Disc Golf

(4 Person Teams)

MAY 23, 31 & JUNE 8, 2017
Blue Angel Park

Deadline to Enter: May 9, 2017 @ 1100
Coaches Meeting: May 9, 2017 @ 1100
MWR Sports Office Bldg. 3738

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



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

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

LIFEGUARD CERTIFICATION CLASS

Indoor Pool
Bldg. 3828

Pretest \$15
Lifeguard Class \$170

Lifeguard Classes:

May 8 - 21

Mon, Tue, Thu & Fri ♦ 6 - 9 pm
Sat & Sun ♦ 5 - 9 pm

A Pretest Before is Required.



Pretesting Available:
5/1, 5/4 & 5/5 at 6 pm

Call 850-452-9429





WE'RE HIRING LIFEGUARDS

— APPLY NOW AT —
www.navymwrpensacola.com

Starting pay \$10.70

Call 850.452.9429
for more information





FOOTGOLF

A.C. READ GOLF COURSE
Open Daily



**NEW
SPORT!**

<p><u>Foot Golf Fees:</u></p> <p>\$6.00 - Military</p> <p>\$6.50 - DOD</p> <p>\$7.00 - All Guest</p> <p>\$5.00 - Juniors</p>	<p><u>Cart Fees:</u></p> <p>\$7 - Adults</p> <p>\$5 - Juniors</p>
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(age 17 & under)

**Try a round of Footgolf
at A.C. Read Golf Club**

Call 452-2454 for more info



2 for \$10
FootGolf
Cart Fee Extra (\$7 person)
Expires 6/30/2017



2 for \$10
FootGolf
Cart Fee Extra (\$7 person)
Expires 6/30/2017

PARTY PACKAGES



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)

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

For more info on activities offered
by MWR please visit our website
navymwrpensacola.com




May The 4th Be With You



Fiesta



Fun Run  3.5 miles

May 4th  Mustin Chip Trail  0800
Medals and Best Costume Contest



Info call 452.9845
Register at Radford Fitness Center



NASP YOUTH CENTER

NAVY CYP
Child and Youth Programs

Bldg 3690
May Activity Schedule
Ages 5-13 (Kindergarten)

BOYS & GIRLS CLUBS
OF AMERICA

May 5th 1800-2200 Friday 
"Celebrate Cinco De Mayo"

May 12th 1800-2200 Friday 
"Corry Bowling" \$8 per person

May 19th 1800-2200 Friday 
"Cooking Class" Mini Pizza

☆Schedule is subject to change call☆
850-452-2417



 **Check Out Our
Treats & Sweets!**

Root Beer Floats
Root Beer Freezes
Polar Swirls ~ M&M's, Reese's
Cookie Dough,
Oreos
Sundaes ~ Caramel, Strawberry
Hot Fudge, Chocolate
Ice Cream Cones
Milk Shakes



Located in the Portside Food Court, Building 3912

Bench Press Competition

**Tuesday, May 16th
1130am & 5pm
NASP Corry Station
Wenzel Fitness Center, Bldg 3711**



**Fun Weightlifting Competition Using
The Schwartz/Malone Formula to
determine winners based on
weight lifted pound for pound**

**Open to ALL
Eligible MWR Patrons**

leon.freeman@navy.mil ♦ 850-452-6198


MWR
COMMUNITY RECREATION



MIX IT UP AT MUSTIN BEACH CLUB



Be the master of your summertime drink!

**June 15th 4 - 6 pm at
Mustin Beach Club Ready Room**

Learn how to make your favorite summer drinks!
For just \$20 you'll discover six of the best beverages
for summer and receive your own specialty glass,
t-shirt, recipes, and gift bag! Don't miss the fun
includes samples and appetizers! *21 & up only*


MWR
COMMUNITY RECREATION

Space is limited call 452-2137 to reserve your spot.

Blue Angel Park

Daily ♦ 8 am - 4 pm ♦ 850-281-5489

Saturday Morning Sailing Classes



May 6 & 20 Beginner 10 am - 3 pm\$35

May 13 & 27 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 private 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!

May 6 & 20 Beginner 10 am - 3 pm\$35

May 13 & 27 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!*

Portside Twin Cinema

Box Office Open Tuesday - Sunday ♦ 850-452-3523

Movie Info (recording) ♦ 850-452-3522

Sneak Preview

FREE!

**Saturday
May 6
5 pm
Rated Pg13**



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

NAS Pensacola Captain's Cup Beach Volleyball



Saturday June 3, 2017

Check In Time: 0830

Deadline to Enter May 26, 2017

For More Information Contact Your
Command Sports Representative or Call the
NASP Sports Office: 850-452-4391/4292



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

Portside Twin Cinema

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

Sneak Preview

FREE!

**Saturday
May 20
5 pm
Rated Pg13**



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

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



**Special CINCO DE MAYO
Cosmic
7 – 9:30 PM
\$9.00 per person**

CORRY GRILL



May 6th is
Beverage
Day

Large soda for

The price of a Regular



CAPTAIN'S CUP



MAY 1, 2017

**NASP Portside Gym, Bldg. 627
(This is a lunch time event)**

(4-Person Teams)

Register in the Portside Gym

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



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

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



NAS Pensacola Group Fitness Schedule May 2017

MONDAY			TUESDAY		
0900-0945	Circuit - Robin	Radford	0900-0945	Pilates - Keri	Radford
1000-1045	Functional Yoga - Angel	Radford	0900-0930	TTCT - Chris	Portside
1115-1200	Pilates - Keri	Radford	0930-1000	TTCT - Chris	Portside
1200	NOFFS Functional Fitness	Portside	0900-1000	Just Paddle - Andi	Bayou Grande
1630-1800	Lap Swim	Aquatics	1000-1045	Strong by Zumba - Veronica	Radford
1630	NOFFS Functional Fitness	Portside	1030-1100	"Six Pack" Abs - Chris	Portside
1600-1645	Cardio Kickboxing - Roger	Radford	1100-1130	TTCT - Chris	Portside
1700	Master's Swim	Aquatics	1115-1200	Cardio Kickboxing - Roger	Radford
1700-1745	S.A.C. - Ann	Radford	1130-1230	SUP Fitness - Andi	Bayou Grande
1800-1845	Relax Yoga - Dana	Radford	1130-1200	TTCT - Chris	Portside
			1600-1645	Spinning - Regine	Radford
			1630-1730	Fitness Onboard - Andi	Bayou Grande
WEDNESDAY			1630-1800	Lap Swim	Aquatics
0615-0700	Unit PT - Michal	Radford	1700-1745	TRX - Roger	Radford
0900-0945	Spinning - Andi	Radford	1700	Master's Swim	Aquatics
1100	Spinning - Regine	Portside	1700-1745	Active Duty Skill Swim	Aquatics
1115	Chaos Spin - Alyssa	Radford	1800-1845	Yoga - Lela	Radford
1200	NOFFS Functional Fitness	Portside	1800	Aqua Aerobics	Aquatics
1600-1645	Zumba - Veronica	Radford	THURSDAY		
1630	NOFFS Functional Fitness	Portside	0900-0945	HIIT - Brittany	Radford
1700-1745	Circuit - Robin	Radford	0900-0930	TTCT - Chris	Portside
			0930-1000	TTCT - Chris	Portside
FRIDAY			1000-1045	Zumba - Veronica	Radford
0900-0945	Spinning - Andi	Radford	1030-1100	"Six Pack" Abs - Chris	Portside
1115-1200	Strong by Zumba - Veronica	Radford	1100-1130	TTCT - Chris	Portside
1630-1800	Lap Swim	Aquatics	1115-1200	PUMP - Michal	Radford
1700-1745	Deep Water Running	Aquatics	1130-1200	TTCT - Chris	Portside
1700	Master's Swim	Aquatics	1600-1645	Spinning - Regine	Radford
1800	Fin Swim	Aquatics	1630-1800	Lap Swim	Aquatics
			1700	S.A.C. - Ann	Radford
			1700-1745	Active Duty Skill Swim	Aquatics
			1700	Master's Swim	Aquatics
			1800-1845	Yoga - Lora	Radford
			1800	Aqua Aerobics	Aquatics
			SATURDAY		
			0900-1000	Power Yoga - Lora	Radford
			1030-1130	Zumba - Veronica	Radford

Stand Up Paddle Board (SUP)

Tuesdays 0900, 1130 & 1600

Bayou Grande Marina - Starts May 9th

Mosquito Bite Adventure Race
May 13 @ 0900

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



Corry Group Fitness Schedule May 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	930	Mommy & Me Yoga - Vina	Family Fitness
930	Balance 30 - Lu	Wellness	1030	Home School Scholar Academy	Family Fitness
1100	Strength Training - Tim	Wellness	1100	Strength Training - Tim	Wellness
1115	Spinning - Lisa	Wellness	1115	Spinning - OT	Wellness
1130	Cardio & Ab Sculpt-Leon	Wenzel	1130	Operation Circuit Madness - Leon	Wenzel
1230-100	Step Out - Lisa	Wellness	1230-100	Step Out - Lisa	Wellness
1630	Spinning - Lena	Wellness	1630	Spinning - Lena	Wellness
1630	"Six Pack" Abs - Chris	Wenzel	1630	Toddlercize - Toni	Family Fitness
1715	Get Lean 2017	Wenzel	1630	Insane Abs - Chris	Wenzel
1645	Zumba - Barbara	Family Fitness	1715	Get Lean 2017	Wenzel

TUESDAY			THURSDAY		
600	Spinning - Bob	Wellness	600	Spinning - OT	Wellness
900	Boxing w/a Twist - Dennexx	Family Fitness	900	ROM 2.0 - Angel	Wellness
900	ROM 1.0 - Angel	Wellness	900	Toddlercize - Toni	Family Fitness
1100	Strength Training - Tim	Wellness	945	Fit Mamas - Elva	Family Fitness
1130	PRT Run Improvement-Leon	Wenzel	1100	Strength Training - Tim	Wellness
1630	Kids Zumba - Barbara	Family Fitness	1130	PRT Run Improvement-Leon	Wenzel
			1230-100	Step Out - Lisa	Wellness
			1700	Cardio Box - Dennexx	Family Fitness

FOR MORE INFORMATION CALL:

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

NEW HOURS!

Monday - Thursday: 0830-1800

Friday: 0800-1230

Saturday, Sunday & Holidays: CLOSED



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

**Mosquito Bite
Adventure Race
May 13 @ 0900**

April 2017 NASP & NAS Corry Fitness Class Descriptions

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.

Box Mania: A non-choreographed fitness class with power punching and kicking combos on a hand held target. Develop overall strength, cardio conditioning and 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: 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.

Functional Yoga: Work your entire body, stretching muscles, challenge the cardiovascular system and build foundational strength.

Get Lean 2017: Suited for all fitness levels consisting of fun circuits that include muscular strength, endurance, core and cardio conditioning.

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

Home School Scholar Academy: A physical education class for home schooled students, *proof of homeschooling required.*

Mommy & Me Yoga: Fun yoga class for mothers and children. Children must be under the age of 2 ½ yrs.

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.

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 overall 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.

ROM 1.0 (Range of Motion): For our special population (over 50) focusing on movement & exercises using a chair and limited balance techniques.

ROM 2.0: More advanced version of ROM 1.0 meets weekly for 60 minutes except

*****1st and 3rd Thursday of every month*****

Class is extended to 10:30.

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/ Insane 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.





Pensacola Navy Youth Swim Team

Mon, Tue, Thu & Fri ♦ 6 - 7 pm
Call For Pricing

Open to civilian and military families, ages 6 - 18 years old. We offer challenging workouts where improvement is stressed as the ultimate goal.



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

NASP Corry Station Billiards Tournament

(2 Person Teams)

MAY 24 – JUNE 13, 2017

**NASP Corry Station
Liberty Bldg. 3738**

Deadline to Enter: May 10, 2017 @ 1100

Coaches Meeting: May 10, 2017 @ 1100

MWR Sport Office Bldg. 3738

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



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



BACKPACKING 101 OVERNIGHT SKILLS COURSE

May 6th - 7th

June 3rd - 4th

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 \$35
GEAR INCLUDED
BACKPACKING 101**

For more information call 850-281-5489 or 850-452-6354

Sign up for the skills course at the Tickets and Travel Office Bldg. 3787 at Corry Station



***Backpacking 101 Skills Course is a prerequisite for all NAS Pensacola CR Backpacking Trips**