

Corry Group Fitness August Schedule 2022

MONDAY			TUESDAY		
0730 - 0800	Balance 30 - Lu	Family Fitness B	0900 - 1000	Spin - Jessica	Family Fitness A
0815 - 0845	Core 30 - Lu	Family Fitness B	1100 - 1200	Tai Chi	Family Fitness A
0900 - 1000	CRUSHIT - Jessica	Family Fitness A	1100 - 1200	Fitness Training - Tim	Family Fitness B
1300 - 1345	Run-Play-Move (Youth Fitness) - OT/Jess	Family Fitness A	1500 - 1600	Fitness Training - Tim	Family Fitness B
1600 - 1645	Throwback Spin - OT	Family Fitness A	0500 - 0600	Inferno Boot Camp - Will	Wenzel
0630 - 0715	Morning Kick Start BootCamp Will	Wenzel	0630 - 0730	NOFFS Boot Camp - Will	Wenzel
1700 - 1730	Insane Abs - Chris	Wenzel	1700 - 1800	Get In The Zone - Chris	Wenzel
WEDNESDAY			0530 - 0730	Lap Swim	Corry Pool
0815 - 0845	Core 30 - Lu	Family Fitness B	1200 - 1800	Lap Swim	Corry Pool
0900 - 0945	Toddlercize - Jessica	Family Fitness A	THURSDAY		
0900 - 1000	ALL IN - OT	Family Fitness B	0900 - 1030	Anything Goes - Robin	Family Fitness A
1000 - 1115	Boxing with a Twist - Dennexx	Family Fitness A	0500 - 0600	Inferno Boot Camp - Will	Wenzel
1100 - 1200	Fitness Training - Tim	Family Fitness B	0630 - 0730	NOFFS Boot Camp - Will	Wenzel
1500 - 1600	Fitness Training - Tim	Family Fitness B	0530 - 0730	Lap Swim	Corry Pool
1600 - 1645	Spin - OT	Family Fitness A	1200 - 1800	Lap Swim	Corry Pool
0630 - 0715	Morning Kick Start BootCamp Will	Wenzel	1700 - 1800	Masters	Corry Pool
1700 - 1730	Insane Abs - Chris	Wenzel	SATURDAY		
0530 - 0730	Lap Swim	Corry Pool	1000 - 1800	Lap/Rec Swim	Corry Pool
1200 - 1800	Lap Swim	Corry Pool	SUNDAY		
FRIDAY			1200 - 1800	Lap/Rec Swim	Corry Pool
0815 - 0845	Core 30 - Lu	Family Fitness B	FAMILY FITNESS - 850.452.6004 or 850.452.6802 Corry Station Bldg. 3712 Monday - Thursday: 0600-1900 Friday: 0600-1800 Saturday, Sunday & Holidays: Closed		
0900 - 0945	Zumba	Family Fitness A			
1000 - 1100	Balance 30 - Lu	Family Fitness B			
1100 - 1200	Tai Chi	Family Fitness A			
1100 - 1200	Fitness Training - Tim	Family Fitness B			
1500 - 1600	Fitness Training - Tim	Family Fitness B			
0600 - 0645	MWR Workout - Will	Wenzel			
0530 - 0730	Lap Swim	Corry Pool	WENZEL - 850.452.6198 Corry Station Bldg. 3711 Monday - Thursday: 0400-2000 Friday: 0400-1800 Saturday, Sunday & Holidays: 0800 - 1800		
1000 - 1100	Aqua Aerobics	Corry Pool			
1200 - 1800	Lap Swim	Corry Pool			

RADFORD FITNESS CENTER

FIRE HOSE 5K

BEHIND RADFORD FITNESS CENTER AT 0800

AUGUST 6






PRESENTED BY

T-Mobile

SCAN THE QR CODE TO REGISTER.

Free T-Shirt for the first 160 to register and participate!

OPEN TO MWR ELIGIBLE PATRONS

REGISTRATION REQUIRED | FOR MORE INFORMATION 850-452-9845

NASP Group Fitness August Schedule 2022

MONDAY			TUESDAY		
0915 - 1000	Yoga - Mimi	Radford	0915 - 1000	Pilates - Keri	Radford
1115 - 1200	HIIT - Andi	Radford	1115 - 1200	Paddle Boarding - Andi	Radford
1500 - 1700	NOFFS Zone Weather Permitted	Radford	1500 - 1700	NOFFS Zone Weather Permitted	Radford
1200	Triple Threat - Jessica	Portside	1730 - 1830	Ballroom Dancing Class Leonard	Radford
1630	Triple Threat - Shiela	Portside	900	Elites	Portside
1730	Mobility/Foam Roll/Stretch Shiela	Portside	1200	Triple Threat - Jessica	Portside
WEDNESDAY			1630	Triple Threat - Shiela	Portside
1000 - 1045	H2O - Andi	Mustin Pool	0530 - 0730	Lap Swim	Mustin Pool
1115 - 1200	Circuit Blast - Mimi	Radford	1100 - 1800	Lap Swim	Mustin Pool
1500 - 1700	NOFFS Zone Weather Permitted	Radford	1600 - 1645	Skill Pro	Mustin Pool
1800 - 1845	Yoga	Radford	1700 - 1800	Masters	Indoor Pool
1200	Triple Threat - Jessica	Portside	1800 - 1900	Aqua Zumba	Mustin Pool
1630	Triple Threat - Shiela	Portside	THURSDAY		
0530 - 0730	Lap Swim	Mustin Pool	0915 - 1000	Yoga - Mimi	Radford
1000 - 1100	H2O - Andi	Mustin Pool	1115 - 1200	Chaos Cycle - Keri	Radford
1100 - 1800	Lap Swim	Mustin Pool	1500 - 1700	NOFFS Zone Weather Permitted	Radford
FRIDAY			900	Elites	Portside
0915 - 1000	Spin - Andi	Radford	1200	Synrgy Circuit - Jessica	Portside
1115 - 1200	Yin Yoga - Andi	Radford	1630	Synrgy Circuit - Shiela	Portside
1500 - 1700	NOFFS Zone Weather Permitted	Radford	0530 - 0730	Lap Swim	Mustin Pool
0530 - 0730	Lap Swim	Mustin Pool	1100 - 1800	Lap Swim	Mustin Pool
1100 - 1800	Lap Swim	Mustin Pool	1600 - 1645	Skill Pro	Mustin Pool
SATURDAY			1700 - 1800	Masters	Indoor Pool
0915 - 1000	Zumba - Terrina	Radford	SUNDAY		
1015 - 1100	Yoga - Dana	Radford	1200 - 1800	Lap/Rec Swim	Mustin Pool
1000 - 1800	Lap/Rec Swim	Mustin Pool	PORTSIDE - 850.452.7810		
RADFORD - 850.452.9845 Bldg. 4143 Monday-Thursday: 0500-1900 Friday: 0500-1800 Saturday: 0700 -1700 Sunday & Holidays: Closed			Bldg. 606		
			Monday-Thursday: 0500-2000		
			Friday: 0500-1800		
			Saturday, Sunday & Holidays 0800 - 1800		
			AQUATICS - 850.452.9429		



MWR PENSACOLA

