

CORRY STATION GROUP X FEBRUARY 2026



Family Fitness Center Bldg. 3712

850 - 452 - 6004 / 6802
Mon - Fri 0600 - 1900
Closed Sat, Sun & Holidays

Wenzel Fitness Center Bldg. 3711

850 - 452 - 6198
Mon - Sun 0400 - 0000
24/7 Access

	FAMILY FITNESS CENTER		WENZEL FITNESS CENTER	
MON	0815 - 0900	Pillar 360	0630 - 0700	Morning Kick Start
	0915 - 1015	Full Body Strength	1700 - 1730	Insance Abs
	1030 - 1130	Toddlerize		
	1600 - 1700	Zumba		
	1600 - 1700	Strength Training		
TUES	0915 - 1015	Cardio Blast	0630 - 0730	NOFFS Bootcamp
	1030 - 1115	Full Body Strength	1700 - 1800	Get in the Zone
	1100 - 1200	Strength Training		
	1600 - 1645	Spin		
	1600 - 1700	Strength Training		
WED	0815 - 0900	All In	0630 - 0730	Morning Kick Start
	0915 - 1015	Spin	1700 - 1730	Cardio Blast
	1030 - 1130	Toddlerize		
	1600 - 1645	Zumba		
	1600 - 1700	Strength Training		
THURS	0915 - 1015	Full Body Strength	0630 - 0730	NOFFS Bootcamp
	1030 - 1130	Zumba		
	1100 - 1200	Strength Training		
	1600 - 1700	Spin		
	1600 - 1700	Strength Training		
FRI	1030 - 1115	Tai Chi	0615 - 0700	Flex Friday
	1100 - 1200	Strength Training		
	1700 - 1730	Strength Training		

join our team

FUN JOBS WITH GREAT BENEFITS & AMAZING PERKS!!!!

WE ARE HIRING

SCAN TO APPLY NOW!



MWR PENSACOLA PENSACOLAMWR

NASP GROUP X FEBRUARY 2026



Radford Fitness Center Bldg. 4143
850 452 3768
Staffed Mon - Fri 0500 - 2100
&
Sat - Sun 0800 - 1600

24/7 Access
Registration
Mon - Thurs 1030 - 1230
Mon & Fri 1600 - 1830
Sat 0900 - 1500

	MORNING CLASSES	AFTERNOON CLASSES	FEP AD ONLY
MON	1015 - 1100 Flow Yoga	1615 - 1700 Spin	1500 - 1600
	1115 - 1200 Shred & Burn		
TUES	0915 - 1000 Lower Body Sculpt	1700 - 1845 Slow Flow Yoga	0600 - 0700
	1015 - 1100 Ultimate Core		
WED	0915 - 1000 Upper Body Sculpt	1615 - 1700 Spin	1500 - 1600
	1015 - 1100 Zumba		
THURS	0915 - 1000 Barre		0600 - 0700
FRI	01915 - 1000 Spin		
	1015 - 1100 Yin Yoga		
SAT	0915 - 1000 Zumba		
	1015 - 1100 Spin		

Got a minute?
take the MWR



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