



Volume 27 Number 8

At Ease

August 2018

NAS Pensacola & NASP Corry



Become A Fan Of MWR on Facebook

MWR Pensacola

GO MOBILE!
"navylifepensacola"



www.navymwrpensacola.com

MWR General Information: 850-452-3806

A. C. Read Golf Course

Match Play Golf Tournament

3 Day Event

8/24 - 8/26

Deadline to sign up is 8/16/18
or the first 60 teams to sign up.

Fri. - Sat. 1230-1830 & Sun. 0830 - 1330



Teams of 2

\$155 per person

For more info call 850.452.2454
Sign up at A. C. Read Golf Course
1440 Murray Rd. Bldg. 3495

MOVIE ON THE LAWN

FRONT OF PORTSIDE GYM BLDG. 627  STARTS AT DUSK

EVERY 2ND AND 4TH SATURDAY

BRING YOUR BLANKETS ~ LAWN CHAIRS ~ COOLERS

If it rains the movie will be canceled, check Facebook for rain-outs or call 452-2372



Tickets & Travel Office Is Now Selling Discounted Dollywood® Tickets



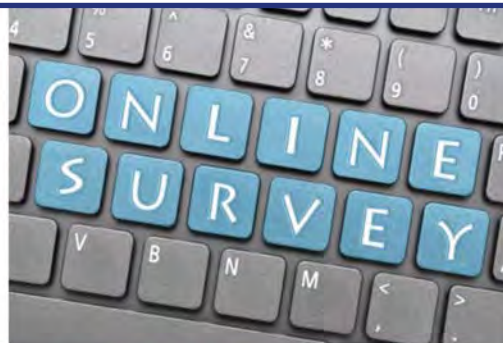
For more information,
please call
850-452-6354

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*



Take our online survey & help us serve YOU better!

Want to see your MWR Community Recreation
offer more...

- Outdoor Activities & Excursions
- Overnight or Day Trips & Tours
- Craft Groups & Art Lessons
- Children Play Dates
- Trips to Sporting Events
- Group Dance & Music Lessons

...have Comments or Suggestions?



MWR Aquatics 35th Annual SWIM STROKE CLINIC

September 4 - 21 ♦ Corry Pool, Bldg. 3201
6 - 7 pm ♦ Tuesday - Friday



Only \$30 per person

Open to all school age swimmers interested in competitive swimming and swimmers planning to participate in their school swim teams.

This clinic will focus on technique for the four competitive strokes, starts & turns.



For more information or to register, call MWR Aquatics at 850-452-9429



CORRY POOL
HOURS FOR AUG. 1st - 12th
Check Facebook for Aug. 13th - 31st hours

PROGRAMS AVAILABLE

EVENING SWIM LESSONS

All levels and all ages

For more info call 452-9429.

GOSLINGS - PRE SWIM TEAM

Friday 1800-1850

Ages 5-12

MASTERS

Mon. & Fri. 1700-1800

Coach on deck, custom workouts. Call for schedule and cost.

PNY (Pensacola Navy Swim Team)

Mon. & Fri.

VARSITY 1800-2000

AGE GROUPERS 1800-1900

NOVICE 1800-1900

AQUA AEROBICS

Wed. & Fri.

1000-1045

1 ON 1

Time and days vary

We teach all skill levels. Call the office for specifics. \$15 for a 30 minute class.

LAP SWIM:

Tues. - Fri.

0530-0730 & 1100-1800

REC SWIM:

Tues. - Fri. 1200-1800

Saturday 1000-1800

Sunday & Holidays 1200-1800

Sunday & Holidays

1200-1800



For more info call 452.6317 or 452.9429 or go to www.navymwrpensacola.com

**Hours are subject to change due to weather and lifeguard availability*

SWIM LESSONS

NASP - Mustin Pool

Water Babies:

\$30 mil - \$35 DoD - \$40 Civ

Saturdays at Mustin Pool 9 - 10 am

Session 3: August 4, 11, 18 & 25

One-On-One Swim Lessons: NAS & Corry

Mustin & Corry Station Pools

\$15 for 30 minute session All ages

Based on Availability of Instructor

Evening Group Lessons: Corry Station Pool (Tu-W-Th-F)

\$25 Mil - \$30 DoD - \$35 Civ Ages 3 & up

4:45 - 5:15 pm, Beginners & 5:20 - 5:50 pm, Intermediate

July 31-August 3, August 7-10, August 14-17,

August 21-24 & August 28-31,



For more information, call 850-452-9429

MUSTIN POOL

HOURS FOR AUG. 1st - 12th

REC SWIM

Tues. - Fri. 1200-1800

Sat. 1000-1800

Sun. & Holidays 1200-1800

LAP SWIM AT MUSTIN

Separate lap pool

Tues. - Fri. 1100-1800

Sat. 1000-1800

Sun. & Holidays 1200-1800

LAP SWIM AT INDOOR

Tues. & Thurs. 1630-1800

AQUA AEROBICS

Tues. & Thurs. 1800-1845

SKILL PROFICIENCY CLASSES

Tues. & Thurs. 1800-1845

Free for Active Duty

1 ON 1

Time and days vary

We teach all skill levels. Call the office for specifics. \$15 for a 30 minute class.

BARRANCAS BEACH

Daily 1000-1800



Grills & Cabanas
first come first serve



SPLASH swim test prior to movie or wear a life jacket, accompanied by an adult.



For more info call 850.452.9429 or go to www.navymwrpensacola.com

**Hours are subject to change due to weather and lifeguard availability*

We Need YOU!

Child Development Homes (CDH) are in high demand.

By being a CDH Provider you'll be able to:

- ***Earn money while staying at home***
- ***Have a transferable career when you PCS***
- ***Access FREE Training, monthly support, and a lending library***
- ***Support military families by providing quality care***



***For more information call:
(850) 458-6588***



 MWR Pensacola

www.navywmrpensacola.com

GO MOBILE!
"navylifepensacola"



KAYAK AND PADDLEBOARD LESSONS



Blue Angel Park ♦ 8 am - 10 am

First Saturday of each month

**August 4, September 1
& October 6**

For information please call 850-281-5489



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

Blue Angel Park

Saturday, Sunday, Monday & Holidays ♦ 9 am - 3:30 pm ♦ 850-390-6133



**Danger Zone Paintball
is great for command functions,
team building and group outings.**

**Call ahead to the
Outpost Marina at 850-281-5489
and schedule an event
for Friday - Monday.**

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.

August 4, & 18 Beginner 10 am - 3 pm \$40

August 11 & 25 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

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 Library Summer Reading Program

"Reading Takes You Everywhere"



**All Reading Programs Events are from 1-2 pm
NASP Library, Bldg. 634**

**August 3:
End of the Program Party**



For more information, call 850-452-3194



FLICK and FLOAT

AUG 8TH AT CORRY POOL
POOL OPENS AT 7 PM
STARTS AT DUSK

**PIZZA AND DRINKS
AVAILABLE FOR PURCHASE!**



Portside Twin Cinema

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

FREE ADVANCED SCREENING!

**August
4
7 pm**

**RATED
PG-13**



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



**Youth league Meet and Greet
Saturday**

August 25, 2018 @ 11 am

Form teams

Meet bowlers

Get the League Info

Bowling Practice/Coaching

Call Corry Bowling Center for more info
850-452-6380



Portside Twin Cinema

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

FREE ADVANCED SCREENING!



**August
11
5 pm**

**Rated
R**

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



Located In The Portside Food Court
Building 3912

**Every Monday
\$1 Cheeseburger**



**Every Tuesday
\$1 Coney Dog**



**A&W Is
Celebrating**

National Root Beer Float Day

August 6

**Enjoy
ONE FREE
Small
Root Beer Float
(per person)
2 - 8 pm**



Located in the Portside Food Court, Building 3912

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:

Sicario 2 ♦ Uncle Drew
The First Purge ♦ Skyscraper
Ant-Man and the Wasp
Hotel Transylvania 3
Mamma Mia! 2 ♦ The Equalizer 2

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

**August 4, 2018
National Chocolate Chip
Cookie Day**



**3 Chocolate Chip Cookies for \$1
All Day**

@

Corry Grill

Corry Bowling Center
850-452-6380



**Last Youth Bowling
Camp of the Summer
Ages 5 - 18**

**August 8-10, 2018
Wednesday – Friday**

9:00 AM – 1:00 PM

Cost \$65 (lunch included)



**Videos, Fundamentals, Drills,
Lane Play, Spare Shooting**

**Call Corry Bowling Center to Sign Up
850-452-6380**



NAS PENSACOLA LIBRARY

250 CHAMBERS AVE - BLDG 634

MONDAY - FRIDAY

1100-1900

SATURDAY & SUNDAY

1200-1700

**CALL 452-3194
FOR MORE INFO**



NASP CORRY STATION KICKBALL TOURNAMENT



AUGUST 20 – AUGUST 30, 2018

(Tentative Dates) (10 vs.10)

CORRY STATION SPORTS FIELDS

Deadline to Enter: August 7, 2018 @ 1100

Coaches Meeting: August 7, 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 CRICKET TOURNAMENT



AUGUST 1 – AUGUST 30, 2018

(Tentative Dates)

(4 PERSON TEAM)

CORRY STATION BOWLING CENTER

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 CAPTAIN'S CUP FLAG FOOTBALL



(7 vs. 7)

SEPTEMBER 26 – NOVEMBER 29, 2018
(Tentative Dates)

NASP Corry Station Sports Field

Deadline to Enter: September 13, 2018, @ 1100

Coaches Meeting: September 13, 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 CAPTAIN'S CUP FALL BOWLING



(3 Player Team)

SEPTEMBER 25 – OCTOBER 30, 2018

(Tentative Dates)

NASP CORRY STATION BOWLING CENTER

Deadline to Enter: September 12, 2018 @ 1100

Coaches Meeting: September 12, 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 Sports Office: 850-452-6520



PORTSIDE TWIN CINEMA

FREE MOVIES
ALL DAY ON WEDNESDAY
UNTIL AUGUST 8TH



STARTS AT NOON
452-3523

BOX OFFICE OPENS AT 11 ON WED. GET YOUR TICKETS EARLY



Back to School Cosmic

***A Night of Strikes and
Spare***

***Saturday August 11, 2018
6:30 - 9:30 pm***

Fees: \$12 (under 6, \$5)

***Come in your best Hogwarts
Attire and your Fee is \$10***

Call Corry Bowling Center for Reservation
850-452-6380



Let the Good Times Roll
Just for fun, any age
12 week League



Starts: Monday
August 20, 2018
6:00 pm

Cost: \$5.00 per week per person

3 person team

Call Corry Bowling Center to sign up
850-452-6380





BACKPACKING 101 OVERNIGHT SKILLS COURSE

SEPT 22ND-23RD SEPT 29TH-30TH OCT 27TH-28TH NOV 24TH-25TH
SKILLS COURSES ARE 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**



BACKPACKING TRIP

OVERNIGHT TRIPS TO THE MOUNTAINS IN ALABAMA

OCT 12TH-14TH 3 DAY TRIP TO SIPSEY WILDERNESS, AL
NOV 10TH-11TH OAK MOUNTAIN STATE PARK, AL

YOU'VE GOT THE SKILLS! WE'VE GOT THE GEAR! COME WITH US ON AN
OUT-OF-TOWN BACKPACKING ADVENTURE. DON'T KEEP THE WILD WAITING!
ALL GEAR AND TRANSPORTATION IS PROVIDED!

BOOK NOW
LIMITED SPACE
AVAILABLE



ONLY \$60
RAIN OR SHINE
DIFFERENT LOCATIONS

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**

NASP GROUP FITNESS SCHEDULE AUGUST 2018

MONDAY			TUESDAY		
0900-1000	Circuit - Robin	Radford	0915-1015	Paddle Board - Andi	Bayou Grande
1015-1100	Pilates - Keri	Radford	0915-1000	Pilates - Keri	Radford
1115-1200	Zumba - Veronica	Radford	1000-1200	TTCT	Portside
1115-1200	S.A.C. - Ann	Radford	1015-1100	Mixxed Fit - Myah	Radford
1130	Outside the Box - Shiela	Portside	1115-1200	Form 101 - Myah	Radford
1230	Outside the Box - Shiela	Portside	1600-1645	Spinning - Regine	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
1730	Foam Roll & Stretch - Shiela	Portside	1700-1730	Functional Fit NOFFS Zone	Portside
1800-1845	Yoga - Dana	Radford	1730	Foam Roll & Stretch - Shiela	Portside
			1800-1845	Aqua Aerobics	Mustin Pool
			1800-1845	Skill Pro	Mustin Pool
WEDNESDAY			THURSDAY		
0915-1000	Spin - Andi	Radford	0900-1000	Zumba - Veronica	Radford
1015-1100	Yoga - Myah	Radford	1000-1200	TTCT	Portside
1115-1215	Paddle Board - Andi	Bayou Grande	1115-1200	20/20/20 - Myah	Radford
1115 - 1215	Guts & Glutes - Veronica	Radford	1600-1645	Spinning - Regine	Radford
1130-1200	Super Circuit - Shiela	Portside	1630-1700	Functional Fit NOFFS Zone	Portside
1200-1230	Super Circuit - Shiela	Portside	1630	Master's Swim	Indoor Pool
1630	Circuit - Robin	Radford	1700-1730	Functional Fit NOFFS Zone	Portside
1630	Super Circuit - Shiela	Portside	1700-1745	S.A.C. - Ann	Radford
1730	Foam Roll & Stretch - Shiela	Portside	1730	Foam Roll & Stretch - Shiela	Portside
			1800-1845	Aqua Aerobics	Mustin Pool
			1800-1845	Skill Pro	Mustin Pool
FRIDAY			1800-1845	Yoga - Vina	Radford
0915-1015	Spin - Andi	Radford			
1630	Fast Fridays - Shiela	Portside			

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

Mustin Pool Bldg. 3201

850.452.8293

SATURDAY

0900-1000	Zumba - Veronica	Radford
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CORRY GROUP FITNESS SCHEDULE AUGUST 2018

MONDAY			WEDNESDAY		
730	Balance 30 - Lu	Wellness	900	Step Out - Lisa	Wellness
900	Line Dancing -Dennexx/Shapree	Family Fitness	900	Spinning - Bob	Wellness
1000	Family Yoga - Vina	Family Fitness	945	Pump Cycle - Dennexx	Family Fitness
900	Spinning - Bob	Wellness	1000	Aqua Aerobics	Corry Pool
915-945	Balance 30 - Lu	Wellness	1100-1300	Strength Training - Tim	Wellness
1100-1300	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	Cardio & Strength	Family Fitness	1400-1700	Strength Training - Tim	Wellness
1230-100	Step Out - Lisa	Wellness	1630	Spinning - Lena	Wellness
1400-1700	Strength Training - Tim	Wellness	1630	Toddlercize	Family Fitness
1700	Master's Swim	Corry Pool	1700	Kids Power Hour - Dennexx/Jessica	Family Fitness
1630	Spinning - Lena	Wellness			
1600	Box Mania	Family Fitness			

TUESDAY			THURSDAY		
600	Spinning - Bob	Wellness	600	Spinning - OT	Wellness
900	Boxing w/a Twist - Dennexx	Family Fitness	730	Balance 30 - Lu	Wellness
1000	Thai Chi	Family Fitness	900	Toddlercize	Family Fitness
1100-1300	Strength Training - Tim	Wellness	1000	Spin Crazy - Dennexx	Family Fitness
1400-1700	Strength Training - Tim	Wellness	1100-1300	Strength Training - Tim	Wellness
1700	Line Dancing -Dennexx/Shapree	Family Fitness	1400	Strength & Core	Family Fitness
			1400-1700	Strength Training - Tim	Wellness
			1700	Cycling - Dennexx	Family Fitness

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 - Fri: 0800-1800
 Sat, Sun & Holidays: Closed

AQUATICS - 850.452.6317

Call for hours of operation
 Corry Station Pool Bldg. 3735

FRIDAY		
900-1200	Strength Training - Tim	Wellness
900	Line Dancing -Dennexx/Shapree	Family Fitness
900	Spinning - Bob	Wellness
915-945	Balance 30 - Lu	Wellness
1000	Thai Chi	Family Fitness
1000	Aqua Aerobics	Corry Pool
1300-1600	Strength Training - Tim	Wellness
1700	Master's Swim	Corry Pool



August 2018 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.

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.

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.

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 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.

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.

