



Volume 26 Number 2

At Ease

February 2017

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



Downhill Snow Sledding
Ice Fishing ♦ Penguin Bowling
Spider Mountain ♦ Prizes ♦ Games!

A Day Of FREE Family Fun!

Saturday ♦ February 11

11 am - 3 pm ♦ Old Hospital Grounds

~Across From Mustin Beach Club On Radford Blvd~

~ Call 850-452-3806 for info ~

Brought To You By:



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



TRAVEL EXPO

Browse Through A Large Variety Of Travel & Recreation Destinations
From Across The Southeast

February 23 ♦ 10 am - 1 pm ♦ Mustin Beach Club ♦ NAS Pensacola

Visit The Booths And Register For An Opportunity To Win GREAT Door Prizes!

Hundreds Of Dollars Worth Of Great Prizes!

Hosted By MWR Tickets & Travel

Located Across From NEX Mall, Hwy 98 ♦ 850-452-6354 ♦ Monday - Friday, 9 am - 5 pm, Saturday, 10 am - 1 pm

FREE ADMISSION! ♦ 850-452-6362



Giant Outdoor MWR Flea Market

Sunday, March 12 ♦ Noon - 4:30 pm ♦ MWR Sports Complex Hwy 98

Spaces are assigned on a first come, first served basis

Reserve Your Space Today! Call 452-6362

For Info Or Stop By The Tickets & Travel Office

Located At The NEX Mall, Hwy.98

Registration Form Available On Our Website

www.navymwrpensacola.com



18ft x 16ft Area: \$25

18ft x 24ft Area: \$35

Table Rental - \$8 each

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

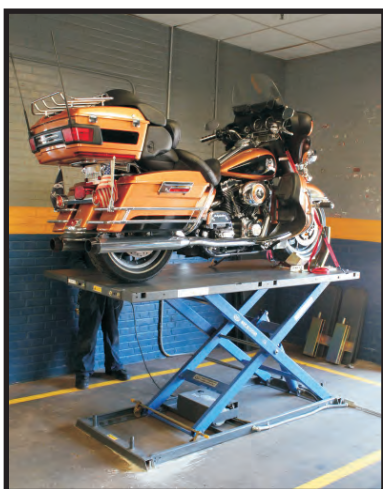
Tuesday - Saturday ♦ 11 am - 7 pm ♦ 850-452-6542
NASP Corry, Building 1006

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



1645 - 1745 🏊 Indoor Pool Bldg 3828

Mondays 🏊 Practice and Coaching

Thursdays 🏊 Pick-Up Games

Bring a team or join a team at the pool!

Normal aquatic fees apply



For Information, call 850-452-9429

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:

Assassin's Creed ♦ Passengers ♦ Sing
Why Him, Underworld: Blood Wars
Monster Trucks ♦ The Bye Bye Man
Sleepless ♦ The Founder ♦ Split
XXX: The Return of Xander Cage;
The Resurrection of Gavin Stone

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

A&W All American Food

Located in the Portside Entertainment Center
850-453-8196

EVERY TUESDAY IS CONEY DAY!



Only \$1

NAS PENSACOLA CAPTAIN'S CUP BOWLING



(3 Player Team)

February 7, 2017

Corry Bowling Center

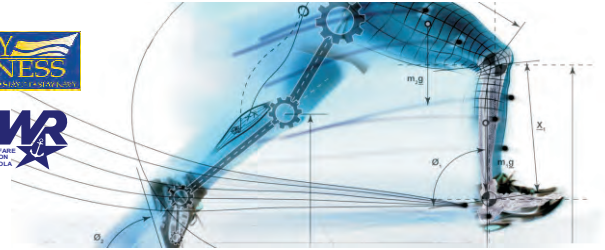
(Games will be played every Tuesday for 8 weeks
With 2 game times available 3 pm or 5 pm)

Coaches Meeting & Deadline to Enter
January 27, 2017 at 11am
at Portside Gym Bldg. 627

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

Running Clinic



Begins February 2 ♦ 5 pm

**Continues Every Tuesday & Thursday
NASP Corry Wenzel Gym ♦ Open To All**

Day 1, Meet At The Wenzel Basketball Court



**Help Improve
Running Mechanics, Speed And PRT**

leon.freeman@navy.mil ♦ 850-452-6198

Healthy Heart 5K

February 25 ♦ 10 am

**Family Fitness Center
NASP Corry Station**

Register FREE By: February 24



**All Ages Welcome!
Prizes For
The First Family To Finish!**



**Medals Given To
Individual Runners!**



**For more information and to register call
850-452-6004**

NAVY CYP

Child and Youth Programs



NAS YOUTH CENTER

Bldg 3690

February Activity Schedule
Ages 5-13 (Kindergarten)



February 3rd 1800-2200 Friday
"Ruby Tuesday"
"Etiquette class \$10 per person"



February 11th 1800-2200 Saturday
"Valentine's Dance" \$6 per person (see flyer)

February 17th 1800-2200 Friday
"Target the Heart"
"American Heart Month"



February 24th 1800-2200 Friday
"Mardi Gras Cooking Class"
"King Cake"



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

NAS PENSACOLA CAPTAIN'S CUP TABLE TENNIS TOURNAMENT (4 PERSON TEAM)



Start Date: February 21, 2017
Portside Gym BLDG 627

(This is a lunchtime event)

Deadline to Enter: February 10, 2017

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**

AutoRama Resale Lot

NEX Mall Hwy. 98 ♦ 850-452-6542



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



A.C. READ GOLF COURSE
Open Daily



Foot Golf Fees:

\$6.00 - Military
\$6.50 - DOD
\$7.00 - All Guest
\$5.00 - Juniors
(age 17 & under)

Cart Fees:

\$7 - Adults
\$5 - Juniors



**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

NASP Corry Bowling Center



Each
Tuesday 6:30 - 8:30pm
Friday 10pm - Midnight
Saturday 7:30 - 9:30pm & 10pm - Midnight

**All You Can Bowl & Shoes
Only \$8 Per Person!**

**We Offer Group
Bowling Party
Packages Too!**



Call the Bowling Center
For Information
Or Party Reservations
850-452-6380



**Tuesday, February 14
6 - 8:30 pm**

Only \$8 Per Person!



Call the
Bowling Center
For Information
850-452-6380



2017

NAS Pensacola / NASP Corry Station Recreational Sports Calendar

Sports Coordinator: Mr. Brett Pelfrey, 452-4391 E-mail: brett.pelfrey@navy.mil

Sports Specialist: Mr. John Powell, 452-4392 E-mail: john.powell2@navy.mil

Sports Specialist: Ms. Patsy Shotwell, 452-4392 Email: patsy.shotwell@navy.mil

Sports Specialist: Ms. Dorothy Player, 452-6520 E-mail: dorothy.player@navy.mil

SPORTING EVENT	ENTRY DEADLINE	EVENT START DATE	TIMES	LOCATION
SOFTBALL WOOD BAT TOURNAMENT	MARCH 24	MARCH 27-APRIL 6	1730	NATTC SPORTS COMPLEX
FOOT GOLF	MAY 3	MAY 5	1400	A.C. READ GOLF COURSE
ADVENTURE RACE	MAY 5	MAY 13	0800	RADFORD FITNESS CENTER
WOMEN'S 4vs4 SAND VOLLEYBALL TOURNAMENT	JUNE 12	JUNE 16	1400	CORRY STATION
"OVER 30" BOWLING	AUGUST 21	AUGUST 25	1700	CORRY BOWLING CENTER
DISC GOLF	September 19	September 22	1730	RADFORD FITNESS CENTER
ULTIMATE FRISBEE	NOVEMBER 15	NOVEMBER 17	1400	BARRANCAS SPORTS COMPLEX



FACEBOOK:
MWR SPORTS CORRY STATION



FACEBOOK:
MWR SPORTS PENSACOLA

2017 NAS Pensacola Captain's Cup Calendar

Sports Coordinator: Mr. Brett Pelfrey, 452-4391

E-mail : brett.pelfrey@navy.mil

Captain's Cup Coordinator: Mr. John Powell, 452-4392

E-mail: john.powell2@navy.mil

Sports Specialist: Ms. Patsy Shotwell, 452-4392

Email: patsy.shotwell@navy.mil



BASKETBALL

Deadline to Enter: **1600, 13 January**
Coaches Meeting: 1100, 13 January
Schedule Pick-Up: 1200, 18 January
League Starts: 1700, 23 January

Darts

Deadline to Enter: **1600, 13 January**
Schedule Pick-Up: 1200, 18 January
Tournament Start: 1115, 23 January

Bowling

Deadline to Enter: **1600, 27 January**
Coaches Meeting: 1100, 27 January
Schedule Pick-Up: 1200, 01 February
League Starts: 1500, 07 February

Table Tennis

Deadline to Enter: **1600, 10 February**
Schedule Pick-Up: 1200, 15 February
Tournament Start: 1115, 21 February

Golf (Scramble)

Deadline to Enter: **1600, 10 March**
Green Fees Paid: 1600, 13 March
Tournament Start: 1200, 17 March
Par 72 Course

Dodge Ball

Deadline to Enter: **1600, 17 March**
Schedule Pick-Up: 1200, 22 March
Tournament Starts: 1115, 27 March

SOCCER

Deadline to Enter: **1600, 07 April**
Coaches Meeting: 1100, 07 April
Schedule Pick-Up: 1200, 12 April
League Starts: 1700, 17 April

Paintball

Deadline to Enter: **1600, 14 April**
Coaches Meeting: 1100, 22 April
Tournament Starts: 0830, 22 April

Corn Hole

Deadline to Enter: **1600, 21 April**
Schedule Pick-Up: 1200, 26 April
League Starts: 1115, 01 May

Beach Volleyball

Deadline to Enter: **1600, 26 May**
Coaches Meeting: 0800, 03 June
Tournament Starts: 0830, 03 June

Racquetball

Deadline to Enter: **1600, 26 May**
Schedule Pick-Up: 1200, 31 May
Tournament Starts: 1115, 05 June

SOFTBALL

Deadline to Enter: **1600, 09 June**
Coaches Meeting: 1100, 09 June
Schedule Pick-Up: 1200, 14 June
League Starts: 1700, 19 June

Golf (Best Ball)

Deadline to Enter: **1600, 16 June**
Green Fees Paid: 1600, 19 June
Tournament Starts: 1200, 23 June
Par 72 Course

Swimming

Deadline to Enter: 1600, 07 July
Coaches Meeting: 1100, 11 July
Competition Starts: 1115, 11 July

Billiards (8-Ball)

Deadline to Enter: **1600, 14 July**
Schedule Pick-Up: 1200, 19 July
Tournament Starts: 1115, 24 July

Disc Golf

Deadline to Enter: **1600, 18 August**
Schedule Pick-Up: 1200, 23 August
Tournament Starts: 1300, 29 August

FLAG FOOTBALL

Deadline to Enter: **1600, 01 Sept**
Coaches Meeting: 1100, 01 Sept
Schedule Pick-Up: 1200, 06 Sept
League Starts: 1700, 11 Sept

Horseshoes

Deadline to Enter: **1600, 15 Sept**
Schedule Pick-Up: 1200, 20 Sept
Tournament Starts: 1115, 25 Sept

Adventure Race

Deadline to Enter: 1600, 22 Sept
Coaches Meeting: 0800, 30 Sept
Competition Starts: 0830, 30 Sept

Badminton

Deadline to Enter: **1600, 27 October**
Schedule Pick-Up: 1200, 01 November
League Starts: 1115, 06 November

Volleyball

Deadline to Enter: 1600, 03 November
Schedule Pick-Up: 1200, 08 November
Tournament Start: 1700, 13 November

Golf (3 Club Shamble)

Deadline to Enter: **1600, 01 Dec**
Green Fees Paid: 1600, 04 Dec
Tournament Start: 1200, 08 Dec
Par 72 Course



[FACEBOOK: MWR SPORTS PENSACOLA](https://www.facebook.com/MWRSPORTSPENSACOLA)

2017 NASP Corry Station Captain's Cup Calendar

Sports Coordinator: **Brett Pelfrey** 452-4391 E-mail: brett.pelfrey@navy.mil

Sports Specialist **Dorothy Player** 452-6520, Sports Specialist **Patsy Shotwell** 452-4392

E-mail: dorothy.player@navy.mil

[FACEBOOK: MWR SPORTS CORRY STATION](https://www.facebook.com/MWRSPORTSCORRYSTATION)

Basketball

Meeting: 1100, 12 Jan 17
Deadline: 1100, 12 Jan 17
Schedule: 1300, 18 Jan 17
League starts: 1700, 25 Jan 17

Darts

Meeting: 1100, 17 Jan 17
Deadline: 1100, 17 Jan 17
Schedule: 1300, 19 Jan 17
Tournament starts: 1115, 26 Jan 17

Winter Bowling

Meeting: 1100, 16 Feb 17
Deadline: 1100, 16 Feb 17
Schedule: 1300, 21 Feb 17
League starts: 1200 & 1700, 27 Feb 17

Table Tennis Singles

Meeting: 1100, 7 Mar 17
Deadline: 1100, 7 Mar 17
Schedule: 1300, 8 Mar 17
Tournament starts: 1115, 14 Mar 17

Golf Scramble

Meeting: 1100, 9 Mar 17
Deadline: 1100, 9 Mar 17
Par 72 Green Fees, 17 Mar 17
Held at A.C.Reed 1200, 17 Mar 17

Horseshoes Doubles

Meeting: 1100, 4 Apr 17
Deadline: 1100, 4 Apr 17
Schedule: 1300, 5 Apr 17
Tournament starts: 1115, 11 Apr 17

Soccer

Meeting: 1100, 10 Apr 17
Deadline: 1100, 10 Apr 17
Schedule: 1300, 12 Apr 17
League starts: 1700, 19 Apr 17

Paintball

Meeting: 1100, 27 Apr 17
Deadline: 1100, 27 Apr 17
Event start 0830, 6 May 17
Held at Blue Angel Park, Speed-zone

Disc Golf

Meeting: 1100, 9 May 17
Deadline: 1100, 9 May 17
Schedule: 1300, 18 May 17
Tournament date: 23, May 17

Billiards 8-Ball Singles

Meeting: 1100, 10 May 17
Deadline: 1100, 10 May 17
Schedule: 1300, 11 May 17
Tournament starts: 1115, 24 May 17

Sand Volleyball

Meeting: 1100, 2 Jun 17
Deadline: 1100, 2 Jun 17
Tournament starts: 0830, 10 Jun 17

Swimming

Meeting: 1100, 8 Jun 17
Deadline: 1100, 8 Jun 17
Event date: 1400, 14 Jun 17

Golf Best Ball

Meeting: 1100, 9 Jun 17
Deadline: 1100, 9 Jun 17
Par 72 Green Fees : 21 June 17
Held at A.C.Reed 1200, 23 Jun 17

Softball

Meeting: 1100, 15 Jun 17
Deadline: 1100, 15 Jun 17
Schedule: 1300, 20 Jun 17
League starts: 1700, 27 Jun 17

Dodge Ball

Meeting: 1100, 28 Jun 17
Deadline: 1100, 28 Jun 17
Schedule: 1300, 29 Jun 17
Tournament starts: 1115, 5 Jul 17

Darts Cricket

Meeting: 1100, 27 Jul 17
Deadline: 1100, 27 Jul 17
Schedule: 1300, 31 Jul 17
Tournament starts: 1115, 7 Aug 17

Kickball

Meeting: 1100, 16 Aug 17
Deadline: 1100, 16 Aug 17
Schedule: 1300, 17 Aug 17
Tournament starts: 1700, 24 Aug 17

Flag Football

Meeting: 1100, 11 Sep 17
Deadline: 1100, 11 Sep 17
Schedule: 1300, 13 Sep 17
League starts: 1715, 19 Sep 17

Fall Bowling

Meeting: 1100, 13 Sep 17
Deadline: 1100, 13 Sep 17
Schedule: 1300, 15 Sep 17
League starts: 1200 & 1700, 26 Sep 17

Adventure Race

Meeting: 1100, 22 Sep 17
Deadline: 1100, 22 Sep 17
Event starts: 0800, 30 Sep 17
Held at Blue Angel Park

Corn-Hole Doubles

Meeting: 1100, 28 Sep 17
Deadline: 1100, 28 Sep 17
Schedule: 1300, 2 Oct 17
Tournament starts: 1115, 11 Oct 17

Billiards 8-Ball Doubles

Meeting: 1100, 27 Oct 17
Deadline: 1100, 27 Oct 17
Schedule: 1300, 30 Oct 17
Tournament starts: 1115, 6 Nov 17

Volleyball

Meeting: 1100, 15 Nov 17
Deadline: 1100, 15 Nov 17
Schedule: 1300, 16 Nov 17
Tournament starts: 1715, 27 Nov 17

Racquetball Doubles

Meeting: 1100, 27 Nov 17
Deadline: 1100, 27 Nov 17
Schedule: 1300, 28 Nov 17
Tournament starts: 1115, 4 Dec 17

Golf 3 Club Shamble

Meeting: 1100, 28 Nov 17
Deadline: 1100, 28 Nov 17
Par 60 Green Fees : 5 Dec 17
Held at A.C.Reed 1200, 8 Dec 17

MWR Sports Organizational

Meeting: 1000, 7 Dec 17

Place: Crow's Nest in the Bowling Center



Use as a guide, All dates and times are subject to change.

RED SASH DASH

A Gym To Gym
Heart Awareness Fun Run

Where: Portside Fitness Center

When: Tuesday, 14th February

Time: 1430



Open To All Eligible Patrons



For More Information Call: 452-7810 or 452-9425



Radford's Twisted Tri

February 9th

0600 to 1800



Spin 5 miles



Run 1 mile



Row 1000 meters

Top 3 Times Win!
(Men's/Women's Division)

Call 850-452-9845 For More Information

Saturday, February 11, 2017
NAS Youth Center



♥ Kindergarten to 13 years

♥ 6 - 10pm ♥ \$6 Admission

Contest

Food & Fun

♥ King & Queen

♥ Music - DJ

♥ Most Red

♥ Pizza

♥ Most White

♥ Beverage

♥ Best Dressed

♥ Cup Cakes

♥ Best Single & Team Dancers

Buy and send your child a "BEAR GRAM" during the dance.

BGCA Torch Club will be selling Baked Goods, Candy,
Necklaces and Glow Sticks.

Open to all MWR authorized dependents.

For info call 452-2417 or 452-2296

PORTSIDE FITNESS DEADLIFT COMPETITION



FEBRUARY 22, 2017

1st, 2nd, and 3rd place prizes for Male/Female

1b for 1b Competition

utilizing the Schwartz/Malone Formula



**WEIGH IN BEGINS AT 1630
COMPETITION BEGINS AT 1700**

**SEE FITNESS SPECIALIST
FOR DETAILS/SIGN UP 452-7810**



RECOVERY

Sample Workouts



Monday: Yoga
Functional Yoga @ 1000
Pilates @ 1115
Relax Yoga @ 1800

Tuesday: Foam Rolling
Cardio - Bike Hills
20mins @ level 7-10
Strength - Legs
3 sets x 10 Goblet Squats, Lunges, Glute Bridges
Recover with Foam Rolling (instructional flyers at Resource table)

Wednesday: Dynamic Warm Up
Begin with a **Dynamic Warm Up** (instructional flyers at Resource Table).
Cardio - ARC Intervals
20mins @ level 6-8
Strength - Core
3 sets x 10 Bicycle Crunches, Crunches w/feet up, 30 seconds Plank on Hands





Thursday: Stretching
Cardio - Stairs Manual 20mins
Strength - Biceps/Triceps
3 sets x 10 Dumbbell Curls, Hammer Curls, Tricep Extensions
Recover with Stretching (instructional flyers at Resource table)

Friday: You Put It Together
Combine 4 Weeks Of Cardio, Strength, Nutrition & Recovery Information To Create Your Own Complete Program!





Valentine's & Black History Story Hour

Feb. 8th ♥ 3:15 pm

For more info call 452-4362





FRIDAY, FEB. 10TH
Game time 7:05 pm

Teen Center Trip
\$20 per Teen for Center Ice
includes free T-Shirt or Hat
Deadline to pay: Tuesday, Feb. 7th

Bus Departs Corry Station at 6:00 pm
Bus Returns Approx. at 10:30 pm



Contact Corry Station Teen Center for more info call 850-791-1465



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

Spring 2017 Sessions:
A.C. Read Golf Club Professionals

Feb 13 - March 13 (Mondays)
1600-1700

Feb 17 - March 17 (Fridays)
1600-1700

March 24 - April 21 (Fridays)
1700-1800

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

Register by Feb 6, Feb 10, or Mar 17, and get \$10 off.



MARDI GRAS COSMIC BOWLING

Tuesday, February 28
6:00 - 8:30 pm
Only \$8 Per Person!

Call the Bowling Center For Information
850-452-6380






Corry Group Fitness Schedule February 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	900	Prenatal Yoga - Vina	Family Fitness
930	Balance 30 - Lu	Wellness	1000	Mommy & Me Yoga - Vina	Family Fitness
1100	Strength Training - Tim	Wellness	1030	Home School Scholar Academy	Family Fitness
1115	Spinning - Lisa	Wellness	1100	Strength Training - Tim	Wellness
1130	Cardio & Ab Sculpt-Leon	Wenzel	1115	Spinning - Lisa	Wellness
1230-100	Step Out - Lisa	Wellness	1130	Operation Circuit Madness - Leon	Wenzel
1630	Spinning - Lena	Wellness	1230-100	Step Out - Lisa	Wellness
1630	"Six Pack" Abs - Chris	Wenzel	1630	Spinning - Lena	Wellness
1715	Get Lean 2017	Wenzel	1630	Toddlercize - Toni	Family Fitness
1730	Zumba - Barbara	Family Fitness	1630	Insane Abs - Chris	Wenzel
			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	Operation Recover-Leon	Wenzel	1100	Strength Training - Tim	Wellness
1630	Kids Zumba - Barbara	Family Fitness	1130	Operation Recover-Leon	Wenzel
			1230-100	Step Out - Lisa	Wellness
			1630	Circuit Training - Chris	Wenzel
			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
 Mon - Thurs: 0830-1130 & 1500-1900
 Fri - Sat: 0800-1230
 Sunday & Holidays: CLOSED

FRIDAY		
800	Balance 30 - Lu	Wellness
800	Step & Tone - 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

Happy Hearts Run
Feb 25 @ 1000
Family Fitness



NAS Pensacola Group Fitness Schedule February 2017

MONDAY			TUESDAY		
700	Circuit - Michal	Radford	900	Step Circuit - Robin	Radford
900	BUFF - Andi	Radford	900-930	TTCT - Chris	Portside
1000	Functional Yoga - Angel	Radford	930-1000	TTCT - Chris	Portside
1115	Pilates - Keri	Radford	1030-1100	"Six Pack" Abs - Chris	Portside
1130-1200	NOFFS Functional Fitness	Portside	1100-1130	TTCT - Chris	Portside
1200-1230	NOFFS Functional Fitness	Portside	1115	Zumba - Veronica	Radford
1600	Cardio Kickbox - Roger	Radford	1130-1200	TTCT - Chris	Portside
1630-1800	Lap Swim	Aquatics	1600	Spinning - Regine	Radford
1630-1700	NOFFS Functional Fitness	Portside	1630-1800	Lap Swim	Aquatics
1645	Water Polo	Aquatics	1700	TRX - Roger	Radford
1700-1730	NOFFS Functional Fitness	Portside	1700	Master's Swim	Aquatics
1700	Master's Swim	Aquatics	1700-1745	Active Duty Skill Swim	Aquatics
1700	S.A.C. - Ann	Radford	1700-1730	Synrgy 360 - Shiela	Portside
1800	Relax Yoga - Dana	Radford	1730-1800	Synrgy 360 - Shiela	Portside
			1800	Yoga - Lela	Radford
			1800	Aqua Aerobics	Aquatics
WEDNESDAY			THURSDAY		
600	Chaos Spin - Michal	Radford	900	HIIT - Brittany	Radford
900	Pilates - Keri	Radford	900-930	TTCT - Chris	Portside
1000	Strong by Zumba - Veronica	Radford	930-1000	TTCT - Chris	Portside
1100	Spinning - Regine	Portside	1000	Zumba - Veronica	Radford
1115	Chaos Spin - Alyssa	Radford	1030-1100	"Six Pack" Abs - Chris	Portside
1130-1200	NOFFS Functional Fitness	Portside	1100-1130	TTCT - Chris	Portside
1200-1230	NOFFS Functional Fitness	Portside	1115	PUMP - Michal	Radford
1600	Zumba - Veronica	Radford	1130-1200	TTCT - Chris	Portside
1630-1700	NOFFS Functional Fitness	Portside	1600	Spinning - Regine	Radford
1700-1730	NOFFS Functional Fitness	Portside	1630-1800	Lap Swim	Aquatics
1700	Step Circuit - Robin	Radford	1645	Water Polo	Aquatics
1800	Yoga - Lora	Radford	1700	PKB - Roger	Radford
			1700-1745	Active Duty Skill Swim	Aquatics
			1700	Master's Swim	Aquatics
			1800	Aqua Aerobics	Aquatics
			1800	Country Line Dancing	Radford
FRIDAY			SATURDAY		
900	Spinning - Andi	Radford	900	Power Yoga - Lora	Radford
1115	Cardio Kickbox - Roger	Radford	1030	Zumba - Veronica	Radford
1630-1800	Lap Swim	Aquatics			
1630	NOFFS Functional Fitness	Portside			
1700-1745	Deep Water Running	Aquatics			
1700	Master's Swim	Aquatics			
1800	Fin Swim	Aquatics			

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



February 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.

BUFF: Be U Forever Fit; learning the basics, with correct form, dumbbells, body bars, bands and body weight exercise. Form is Key!!

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 getting into SPIN.

Circuit Boot Camp/Training: 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.

Country Line Dancing: Basic choreography to the hottest COUNTRY music.

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.

HammerCORE - Core Circuit with challenging cardio intervals.

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.

Operation Recover: Reduce stress on your muscle tissue and nervous system with various methods to decrease muscle tension while increasing flexibility and mobility.

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.

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.

Synrgy 360: Moderate to high intensity circuit training using the SYNRGY 360 Playground.

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.

