

FREE

FITNESS CLASSES

FIT FOR LIFE

Riptide Fitness Center
Mon/Wed · 8:30am

CLUB SPIN

Aderholt Fitness Center
Mon · 5pm

ON RAMP

Registration required: commandocrossfit@gmail.com
Combat Fit East Pad | Mon/Wed · 6pm

COMMANDO CROSSFIT

On Ramp class required before registering
Registration required: commandocrossfit@gmail.com
Combat Fit East Pad
Mon-Fri · 6am & 5pm | Sat · 9:45am

POWER SCULPT

Riptide Fitness Center
Tue/Thu · 9:45am

YOGA

Riptide Fitness Center
Tue/Thu · 10:30am | Wed · 10:45am

POWER PUMP

Aderholt Fitness Center
Tue/Thu · 5pm

SPIN

Aderholt Fitness Center
Wed · 6:30am

ROLL & RELEASE

Sign up preferred - (850) 884-4292
Aderholt Fitness Center
1st Wed · 9:45am

STRONG CORE, STRONG SPINE

Sign up preferred - (850) 884-4292
Aderholt Fitness Center
3rd Wed · 9:45am

MOBILITY WELLNESS WALK-IN

Sign up preferred - (850) 884-4292
Aderholt Fitness Center
4th Wed · 9:45am

PILATES

Riptide Fitness Center
Fri · 10:45am



Scan for
Full Class Schedule

ADERHOLT FITNESS CENTER

259 Tully Street, Bldg. 90517 · (850) 884-6884

COMMANDO FITNESS CENTER

452 Cody Avenue, Bldg. 90232 · (850) 884-4412

RIPTIDE FITNESS CENTER

123 Howie Walters Road, Bldg. 91007 · (850) 881-5121

