

Classes Resume Jan. 6
 No Classes January 20
 for MLK Day

JANUARY

NSA Annapolis Group Fitness Classes

Time	Monday	Tuesday	Wednesday	Thursday	Friday
7:00 a.m.	Row n Reps		Ripped (Command PT)		
8:30 a.m.		T'ai Chi Express			
9 a.m.	Yoga	Yoga	Cycle Strong New!	Yoga	Cycle Strong New!
10:00 a.m.	Family Boot Camp ☺	Silver Fitness	Family Boot Camp ☺ <hr/> Yoga	Super Silver Fitness	Family Boot Camp ☺ <hr/> Yoga
10:15 a.m.	Circuit Training New!				
11:30 a.m.			Pilates		Barre
4:40 p.m.		Lifting 101 New!	HIIT		
5:30 p.m.	Barre	Cycle	Yoga	Total Body Sculpt	

☺ = Kid friendly class.

2020 Fitness Challenge of the Month

20 Push ups; 20 Squats; 20 Farmer's Carry Lunges
 20 Overhead Shoulder Presses; 20 Bicep Curls
 20 Kettlebell Swings; 20 Sit-ups; 20 Box jumps/Step ups;
 20 Mountain Climbers; 20 Bent Over Rows. TWO times
 through for time! Best time gets you on the board!

*Participate in the next SIX challenges and win a prize!
 Winners featured on the Fitness Wall of Fame in Bldg. #89.*

Command PT

Please call the front desk at
 (410) 293-9204 with at least 72 hour
 notice.

Your Fitness Specialists on staff will
 assist you with a class designed to
 meet your needs, while keeping it fun
 for everyone. Powered by NOFFS!



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Group Fitness Class Descriptions: (Classes are 30-50 minutes long)

Barre: This full-body workout will shape lean, long muscles. Using the ballet barre and your own body weight, you will be guided through postures inspired by dance, yoga and Pilates.

Command PT: Please call Philiana or Rossana at (410) 293-9204 with at least 72-hour notice to schedule your class. Your Fitness Specialists on staff will assist you with a class designed to meet your needs, while keeping it fun for everyone. Powered by NOFFS!

Circuit Training: Interval training using stations, various fitness equipment, and body weight to enhance your well being.

Cycle/Cycle Express: Tailored to suit a wide range of abilities and fitness goals, indoor cycling offers energizing rides that combine sound training principles, expert coaching and great music at a self-directed pace on the Keiser M3. Cycle Express class is 30 minutes in length.

Cycle Strong: Join this thirty minute cycle class followed by fifteen minutes of core, strength, or stability off the bike for a total toning package.

☺ **Family Boot Camp:** Class is designed to benefit parents/caregivers as well as their children. Class format changes week to week and is self-paced – so you can push yourself as hard as you want or take it easy. Class is suitable for all fitness levels and kids of all ages are welcome. You don't need to have kids to attend! Class is taught in Gymnasium.

HIIT/HIIT Express: Tabata-like class featuring a variety of exercises meant to challenge your body with interval training. Your core AND more will be worked to the maximum. Be prepared to engage all muscles, especially your mind with 20 seconds of an exercise followed by 10 seconds of rest between sets.

Lifting 101: Learn how to lift weights properly and understand proper form from the foundation up with this instructional class taught by a certified personal trainer and MWR Fitness Specialist Kaitie.

Pilates: Develop long and lean abs! Famous for improving strength, flexibility, coordination, speed, agility and endurance. Excellent for PT training as well as the general public. Modifications provided!

Ripped (Command PT): Medium intensity, high energy, full body workout including cardio, weights & core. All elements to ensure a better PRT score!

Row-n-Reps: Challenge yourself to this circuit-style strength and cardio class using rowers, bodyweight and more! Proper rowing technique is taught by certified

instructor. * Class subbed by Cycle when instructor not available.

Silver Fitness/Super Silver Fitness: Are you 60 or older? Then join us as we work on strength, balance and stretching with this low-impact class. It's never too late to start a fitness program. Check with your doctor if you are new to exercising.

Total Body Sculpt: Tone your body from head to toe with this sculpting class designed to challenge you using various equipment including weights, bands, and more.

T'ai Chi Express: Want to reduce stress? T'ai chi is meditation in motion. It promotes serenity through gentle, flowing movements. Originally developed for self-defense, t'ai chi has evolved into a graceful form of exercise used to reduce stress and offers other health benefits.

Yoga: Basic-level yoga class begins with centering and basic asanas. Modifications offered for all poses. Balance and breath work focused on throughout the class for a balancing and energizing practice. Class styles vary per instructor, so keep an open mind and find your inner peace.

Fitness Fees:

Use of the MWR Fitness Center is free for active-duty/retired military, their dependents, DoD Civilians and their dependents.

Contractors and their dependents:
\$5/day, \$15/week, \$40/month or \$400/year.

Guests: \$5 per day
(no monthly or yearly fee available)

Personal training sessions:

Active-duty military, \$10; active-duty military dependents, retired military and their dependents, \$15; DoD civilians, contractors and their dependents, \$20.

Group fitness classes:

Active-duty/retired military and their dependents, free. DoD civilians/contractors and their dependents, \$4 per class or \$15 per month; and guests, \$5 per class (no monthly fee available).

Hours of Operation

Holidays **7 a.m. - 1 p.m.**

Christmas Day / New Year's Day:

CLOSED

Monday-Thursday, **5:15 a.m.-9 p.m.**

Friday, **5:15 a.m.-7 p.m.**

Saturday, **7 a.m.-3 p.m.**

Sunday, **7 a.m.-1 p.m.**



MWR Fitness Center
Bldg. 89
NSA Annapolis
410-293-9204