

NOVEMBER

NSA Annapolis Group Fitness Classes

Thanksgiving Day - 7 a.m. - 1p.m. No classes except for Turkey Burn!

CFL Course: Dec. 9-13.
Sign up on CANTRAC
Nov. 28 **TURKEY BURN**
45 minutes of spin plus
45 minutes of yoga!
8:30 - 10 a.m.

Time	Monday	Tuesday	Wednesday	Thursday	Friday
7:15 a.m.	Row n Reps		Ripped (Command PT)		
8:30 a.m.		T'ai Chi Express			
9 a.m.	Yoga	Yoga	Cycle Express 9:15 a.m.	Yoga	Cycle Express 9:15 a.m.
9:45 a.m.	Family Boot Camp 😊		Family Boot Camp 😊 <small>Nov. 13 - Followed by Storytime at 11.</small>		Family Boot Camp 😊
10:00 a.m.		Silver Fitness	Yoga	Super Silver Fitness	Yoga
11:30 a.m.	HIIT Express		Pilates		Barre
4:40 p.m.			HIIT		
5:30 p.m.	Barre	New time! Cycle	Yoga	Total Body Sculpt	
6:30 p.m.		Zumba & More			

😊 = Kid friendly class.

Minute Squat Jump Challenge

Ready to work all the muscles of your lower body? Can your legs handle it? How many squat jumps can you get through in a minute? Stand feet hip width apart, arms hanging at side. Squat down to a 90 degree bend then swing arms overhead as you jump as high as you can, landing back into the squat and repeating.

*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!

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.

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.

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.

Zumba and More: Come get your dance moves on in this high-energy dance class. All levels welcome join in the fun with Freestyle, Line Dancing, Zumba and more!

Turkey Burn - Nov. 28, 8:30 a.m. - 10 a.m.

Burn off the calories in the morning and then get your yoga vibes flowing for an enjoyable time later! MWR patrons are FREE, guests are \$5. First come, first served. Space limited to the first 25 participants.

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).


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

Hours of Operation

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