

Eligibility and Fees

FREE ADMISSION

Active Duty Military/Dependents
Retired Military/Dependents
Active Reservists/Dependents
Active / Retired Civilian DoD Employees/
Dependents

MEMBERSHIP FEES

Full-time USNA / NSAA Contractors
\$400 Annually
\$40 per Month
\$5 per Day

DAILY GUEST FEES

\$5 for All Patron Guests
(Free for Guests visiting from over 50 miles away with
proof of address)

GROUP EXERCISE CLASSES

Free for Active Duty/Dependents & Retired
Military/Dependents
\$4/class or \$15/monthly for Active/Retired DoD
Civilians/Contractors/Dependents
\$5 for All Patron Guests

Fitness Assessments & Personal Training

ACTIVE DUTY

FREE Fitness Assessments
Personal Training Sessions \$10/hour

ACTIVE DUTY DEPENDENTS

Fitness Assessment & Personal Training
Sessions \$20/hour

RETIRED MILITARY & DEPENDENTS

Personal Fitness Assessments &
Personal Training Sessions
\$20/hour

ACTIVE/RETIRED DOD CIV, CONTRACTORS, & DEPENDENTS

Fitness Assessment & Personal
Training Sessions \$25/hour

(Discounts available for all personal training
groups of 2 or 3 patrons)

STAFF INFORMATION

Joanne Zyla - Fitness Director
410-293-9211
Philiana Davis - Athletic Program Manager
410-293-9223
Kaitie Buckwell - Fitness Specialist
410-293-4995
Dwayne Powell—Fitness Assistant
410-293-9212

NSA Annapolis Fitness

410-293-9204 | 89 Bennion Rd.

Annapolis, MD 21402

NavyMWRAnnapolis.com/fitness-sports

NSA Annapolis Fitness Center & Exercise Programs

We can help you reach your fitness and health goals!

The MWR fitness Center, located in the bottom floor of Building 89 is a full-service facility offering a basketball gym, free weights, circuit strength training, cardiovascular rooms, racquetball court, group cycle room, functional fitness room, group exercise classes and an intramural sports program which includes softball, basketball, volleyball and flag football.

The NSAA fitness staff can help you achieve your optimum level of personal fitness by performing a variety of services that range from personal assessments, to developing a personal workout plan, to being your personal trainer. You may combine all three services to help you achieve results!

Our Facilities

Locker rooms: Locker rooms for men and women are located on the ground floor of the Fitness Center in the Cardio Room.

Towel Services: Currently Suspended. You must bring your own towel.

Equipment Checkout: Boxing Equipment, Racquetball Gear and other Sports Equipment are available for checkout at the Front Desk, free of charge.

Group Exercise Classes: We offer a variety of classes for all fitness levels. For more information on our Group Exercise schedule and descriptions of classes, please visit the Front Desk or the website: www.navymwrannapolis.com.

Cycling Room: The Cycling Room is located in the group exercise room. It is only open to patrons when class is in session.

Racquetball: The Racquetball Court is located next to the Gymnasium. Reservation of the court is available up to 24 hours in advance by contacting the front desk. There are no court fees.

Functional Fitness Room: The Functional Fitness Room is located next to the Racquetball Court next to the Gymnasium. This room is open to all patrons 15 years of age and older. It includes: Pull-up Bars (multi-level), Olympic Rings, Adjustable Push-up Bars, Speed Rope, Medicine Ball Targets, Rebounder, Dip Bar, Step Platform, & much more!

Fitness Orientations / Questions: Our staff is available to answer any questions or assist you on any of our equipment. To make appointments, please contact our office at 410-293-9226 or 410-293-9204.



89 Bennion Rd. Annapolis, MD

Fitness Center Hours

Monday – Thursday:

5:00 a.m.—8:00 p.m.

Friday: 5:00 a.m.—7:00 p.m.

Saturday & Sunday:

8:00 a.m.—12:00 p.m.

Federal Holidays: CLOSED

Front Desk:

410-293-9204

Call ahead for weather related closures

410-293-0023



*Join us for fun runs such as the
Shamrock 5k and the Zombie Dash!*

Group Exercise Classes

Every day, the staff at NSAA Fitness offers between 4-6 group exercise classes for patrons. No sign-ups are required! Some of the classes include:

- Yoga
- Silver Fitness (Seniors)
- HIIT (High Intensity Interval Training)
- Barre
- Strength Training
- Ab Blast Express
- Group Cycle
- Kick Boxing
- Circuit Express
- Walking & Jogging Club

Visit navymwrannapolis.com/fitness for the full schedule!

**We also do NOFFS, CFL,
Mission Nutrition and
specialized Command PT.
Just ask!**

Equipment

- (10) Treadmills
- (4) Ellipticals
- (3) Arc Trainers
- (7) Row Machines
- (12) Upright Bikes
- (3) Recumbent Bikes
- (2) Krank Cycles
- (18 Pieces) Total Body Circuit
- (1) Cable Crossover
- (1) Multi-Cable Machine
- (2) Olympic Power Racks w/ Platforms
- Plate Loaded Machines
- Dumbbells
- Kettlebells
- Various Pull-Up Bars, Dip Bars, & More!

The Mission Starts Here!



Group Cycling is just one of our popular group fitness classes. Patrons use specialized bikes and follow along to an instructor and music. Classes are between 30 (Express) and 60 minutes.

Fitness Facility Guidelines

- Patrons are prohibited from using MWR facilities, programs or services to conduct a personal business-based enterprise, except as permitted through properly executed concessionaire or services contracts. *CNICINST 7376.9, 70 JUN 13, 5-1 Enclosure (1), Chapter5, Section 501*
- Appropriate fitness clothing will be worn at all times and cover the body in a way not to offend others. *(Jeans and Fatigue Uniforms are not authorized)*
- Wear appropriate footwear *(NO bare feet, street shoes, boots, or muddy shoes.)*
- Consideration of others is requested by all. Share and wipe off equipment when finished. Please do not talk or text on your cell phone while using equipment.
- Altering of fitness equipment is not authorized. Equipment should be used only as it is intended to be used. *(If you need assistance in mimicking a particular exercise, please see a member of the fitness staff.)*
- All weights and miscellaneous equipment (i.e. tubing, kettle bells, dumbbells, bands, mats, etc.) must be returned to their proper storage areas.
- Gym bags must be kept in the locker rooms.
- Dropping or banging weights is not permitted in the Circuit Room.
- Music players are not allowed without personal headsets.
- Patrons must be 15 years or older to use the facility without parent or guardian.
- Patrons 12-14 years of age may use the facility if accompanied by an adult and have passed the youth fitness certification. Patrons must be at least 15 years of age to be in the Strength Room. Youth 11 years of age and under are not permitted in the fitness center.
- Use of tobacco products and eating are not permitted.
- Open containers are not authorized. Water Bottles and Sports Drinks must have caps on them.
- Inappropriate language is not permitted.
- Keep grunting and other noises to a minimum.
- Safety collars or clamps are required when using Olympic bars.



Full Suite of Cardio Equipment



Circuit Room



Weight Room



Functional Fitness Room