

MAY

NSA Annapolis Group Fitness Classes

No Classes May 20-24 due to
USNA Commissioning Week
MURPH Challenge
May 17

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:30 a.m.		T'ai Chi Express			
9 a.m.		Yoga	Cycle Express 9:15 a.m.	Yoga	Cycle Express 9:15 a.m.
9:45 a.m.	Family Boot Camp ☺		Family Boot Camp ☺ May 8 - Tumble Time at 10:30 followed by Storytime		
10:00 a.m.		Silver Fitness	Yoga	Super Silver Fitness	Yoga
11:30 a.m.	HIIT Express				Barre
4:40 p.m.		Cycle	HIIT	Row-N-Reps*	
5:30 p.m.	Barre		Yoga	Total Body Sculpt	
6:30 p.m.		Zumba & More			

☺ = Kid friendly class.

*Class subbed with cycle if instructor not available.

Monthly Challenge: Gym Triathlon

Do you have what it takes to go the distance? Run, Row and Bike your way to the finish: 1 mile treadmill run, 1000 meter row (any resistance) and a 3 mile bike ride - then run back to the front desk to stop the clock! Fastest time to complete all the skills puts you atop the leaderboard!

Complete 6 monthly challenges and receive Fitness Swag!

Command PT

Please call the front desk at 410-293-9204 with at least 72 hour notice. Your Fitness Specialist on staff will assist you with a class designed to meet your needs, while keeping it fun for everyone. Powered by NOFFS!



STAY
CONNECTED

NAVYMWRANNAPOLIS.COM
@FFRANNAPOLIS
410-293-9204

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 Joanne 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.

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!

The Murph Challenge - May 17

7 a.m. - 5 p.m. Bldg. 89 Pavilion

Win a t-shirt for bragging rights!

1-Mile Run

100 Pull-Ups

200 Push-Ups

300 Air Squats

1-Mile Run

Scaled:

Workout will be modified to make reps manageable

Prescribed:

Workout will be performed with no modifications and with an added weight vest

In honor of LT Michael Murphy - SEAL and posthumously awarded Medal of Honor recipient

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.