

# MARCH 2022

## NSA Annapolis Group Fitness Classes

**Shamrock 5K**

Saturday, March 12

Check-in: 8AM

Race: 9AM

Time	Monday	Tuesday	Wednesday	Thursday	Friday
7 a.m.	Command PT		Command PT		Cycle Strong
9 a.m.		Yoga	Lift & Row	Yoga	
10:15 a.m.		Silver Fitness		Senior Strength Training	
12 p.m.					Cycle Strong
3 p.m.	ShipShape		ShipShape		
3:45 p.m.	Circuit Training		Kickboxing		
4:15 p.m.	Power Flow Yoga	HIIT Express	Barre Blast	TRX & Kettlebell	

### Fitness Challenge: 4x4

How Quickly Can You Complete 4 rounds of:

- 10 Burpees (belly must touch the floor) - 10 Sumo Squats
- 10 Push Ups - 10 Walking Lunges

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

### Command PT

Please call Philiana Davis at 410-293-9223 or email her at [philiana.davis@navy.mil](mailto:philiana.davis@navy.mil) with at least 72 hours notice to schedule your personalized fitness class to meet your command's needs.  
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# Group Fitness Class Descriptions: (Classes are 30-50 minutes long)

**Bring your own yoga mat. Locker rooms and showers are now open - bring your own towel.**

**Core Blast Express:** 30 minutes of low impact, high energy class focusing on strengthening your core. Bring your own yoga mat.

**Barre/ Barre Blast:** Using your own body weight and upbeat pace, burn those hard to reach target areas in this 30 minute barre class. Sculpt your gut, butt and thighs! Bring your own yoga mat.

**Command PT:** Please call Philiana at (410) 293-9223 with at least 72-hour notice to schedule your personalized class to meet your command's needs. Powered by NOFFS!

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

**Cycle Strong:** A class to test both your endurance and strength. Low impact, high-energy exercise class that begins with cardio on the spin bike and finishes with strength and core exercises off the bike.

**HIIT:** 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.

**Kick Boxing:** Fun and energetic class to burn off steam and punch your stress away. Beginners are welcome! This class includes basic fundamentals of kick boxing, cardio and core/strength training exercises. Bring your own yoga mat.

**Lift & Row:** 25 minutes of energizing cardio on the rowing machines followed by 25 minutes of weight training and core stabilization.'

**LIIT: Low Intensity Interval Training:** Tabata-like class featuring a variety of exercises meant to challenge your core while being gentle to your joints. Be prepared to engage all muscles, especially your mind with 20 seconds of exercise followed by 10 seconds of rest

**Power Flow Yoga:** A fast paced yoga class with focus on developing strength and coordination. Burn calories and tone quickly in this fun class!

**Row-n-Ride:** Challenge yourself to this circuit-style strength and cardio class using rowers and spin bikes! Proper rowing technique is taught by certified instructor. \*Class limited to 6 people.

**Senior Strength Training:** Fun energetic class with a focus on building strength and balance.

**Ship Shape:** 6 Week Weight Loss Program; this class will satisfy your FEP requirement.

**Spin/Spin Express:** 30-50 minutes of a fun-filled, high energy group cycling class

**Stretch & Tone:** 45 minute, low intensity/low impact class to increase flexibility, core strength, and create long and lean muscles. Equipment used includes body bar, resistance bands, pilates balls and light dumbbells.

**TRX & Kettlebell:** An energetic class that uses TRX straps as a form suspension training to develop strength, balance, flexibility and core stability simultaneously and kettlebells to develop power.

**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.

**Zumba:** Join the party! Exciting latin and caribbean-based dance class.

**Tai Chi:** Self-paced system of gentle physical exercise and stretching.

## 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:

Fees: AD \$10, AD Dependent and Retirees and Dependents \$20, DoD Civilian and Contractors \$25. Call front desk for more info.

## 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**  
Mon.-Thu., 5 a.m.-8 p.m.  
Friday, 5 a.m.-7 p.m.  
Saturday and Sundays  
8 a.m.-12 p.m.