

## 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 \$15/hour

### RETIRED MILITARY & DEPENDENTS

Personal Fitness Assessments &  
Personal Training Sessions  
\$15/hour

### ACTIVE/RETIRED DOD CIV, CONTRACTORS, & DEPENDENTS

Fitness Assessment & Personal  
Training Sessions \$20/hour

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

### STAFF INFORMATION

Amiee Maddox - Fitness Director  
410-293-9211  
Joanne Zyla - Fitness Specialist  
(CFL, NOFFS, & Personal Training)  
410-293-9223  
Rossana Kistler - Fitness Specialist  
(Group Exercise & Facilities Coordinator)  
410-293-9212  
William Hibler - Sports Coordinator  
410-293-9226

## NSA Annapolis Fitness

410-293-9204 | 89 Bennion Rd.  
Annapolis, MD 21402  
[NavyMWRAnnapolis.com/fitness-sports](http://NavyMWRAnnapolis.com/fitness-sports)

## NSA Annapolis Fitness Center & Exercise Programs



*We can help you reach your fitness and health goals!*

89 Bennion Rd. Annapolis, MD

### Fitness Center Hours

**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.

### Front Desk:

410-293-9204

*Call ahead for weather related closures*

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:** Towel service is free. We have small workout towels and large shower towels.

**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](http://www.navymwrannapolis.com).

**Cycling Room:** The Cycling Room is located on the ground floor next to 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 24 hours in advance by active duty only. 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 410-293-9223 or 410-293-9212.



*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
- Boot Camp
- Silver Fitness (Seniors)
- HIIT (High Intensity Interval Training)
- Barre
- T'ai Chi
- Boot Camp
- Zumba
- Pilates
- Functional Boot Camp
- Family Boot Camp

- Super Saturdays
- Group Cycle

Visit [navymwrannapolis.com/fitness](http://navymwrannapolis.com/fitness) for the full schedule!

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

## Equipment

- (10) Treadmills
- (4) Ellipticals
- (3) Arc Trainers
- (2) Row Machines
- (12) Upright Bikes
- (4) Recumbent Bikes
- (2) Krank Cycles
- (18 Pieces) Total Body Circuit
- (1) Cable Crossover
- (2) Olympic Power Racks
- Plate Loaded Machines
- Dumbbells
- Kettlebells
- Medicine Balls
- Multiple Benches
- 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), Chapter 5, 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.
- 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. 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.
- Spotters are recommended at all times.



Full Suite of Cardio Equipment



Circuit Room



Weight Room



Functional Fitness Room