

MARCH 2023

NSA Annapolis Group Fitness Classes



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7 a.m.	NOFFS FEP PT		FEP PT/ Command PT		FEP PT/ Command PT	
8:15 a.m.		Tai Chi	Spin Express	Tai Chi		Stretch out the Stress (No Class March 25)
9 a.m.	Beginner/ Intermediate Yoga	Intro to Yoga	Lift & Row Powered by NOFFS	Intro to Yoga	Beginner/ Intermediate Yoga	
10:15 a.m.	Family Fitness	Silver Fitness	Family Fitness	Senior Strength Training		
12 p.m.	HIIT Express		Spin Express		HIIT Express	
3 p.m.	Family FEP		Ship Shape Nutrition Lecture Course			
4:15 p.m.		NOFFS Ultimate Circuit	Family FEP HIIT	Lift & Row (No Class March 23)	High Calorie Burning Class To Shed Weight and Increase Metabolism. Low Impact & Restorative Class to Lower Blood Pressure.	

Rope Climb Burn Out

How many times can you climb up & down the rope in our Functional Fitness room before you get burned out?!

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 with at least 72 hours notice to schedule your personalized fitness class to meet your command's needs. Powered by NOFFS!



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NAVYMWRANNAPOLIS.COM
@FFRANNAPOLIS
(410) 293-9204

Group Fitness Class Descriptions: (Classes are 30-50 minutes long)

Locker rooms and showers are now open - bring your own towel.

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.

Family F.E.P. (Fitness Enhancement Program): Fitness class led by our fitness specialists & CFL's/ACFL's. Any active duty person needing to bring their child to command pt/FEP. Children must be able to participate in the class or sit quietly in the fitness room. This class does not provide a daycare or daycare supervision.

Family Fitness: 45 minute full body workout in a fun, supportive environment; great for moms/dads, grandparents, babysitters, and homeschooled children.

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.

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

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.'

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 out the Stress: Low intensity, low impact class. You will use slow, body weight exercises and isometrics to gently warm up the muscles & tone, followed by long, relaxing stretches to fun , upbeat music.

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.

Tai Chi: Self-paced system of gentl 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 and their dependents, \$4 per class or \$15 per month. Contractors 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.