

MEET THE MWR ANNAPOLIS FITNESS STAFF – 410-293-9204

Amiee Maddox, Fitness Director, is an experienced athlete with an educational background that enhances her fitness expertise. She earned her Bachelor of Science degree from Rutgers University with an emphasis in exercise and science. During her time at the university, she was a collegiate Division 1 tennis player. She has been a personal trainer, group fitness instructor and tennis instructor for over 15 years. During that time, she spent 7 years as a fitness specialist at NAS Jacksonville and NAS Pensacola where she earned her outstanding reputation. Amiee is certified ACE, AFAA, USAW, NOFFS, PTR, MADDOG SPIN, TRX Force, TRX Team, TRX Force train the trainer, Marine HIIT, PIYO, TurboKick, Piloxing and Zumba.



Rossana Kistler, Fitness Specialist, is a mom and military spouse that turned a hobby of exercising and motivating friends and other spouses around the world into a career as a Group Exercise Instructor and Personal Trainer with AFAA (Aerobics & Fitness Association of America). Her philosophy focuses on continual learning as she works toward enhancing clients' well-being and empowering them with the knowledge, skills, guidance, and resources to adapt to an ever-changing environment of moves and deployments in the military. She strives to help clients achieve a balanced lifestyle that encompasses all dimensions of health and wellness. Rossana teaches a variety of classes that include: Command PT, Cycling, Family Boot Camp, Yoga, Boot Camp, Bosu Blast, and Senior Fitness. She is also AFAA-certified in Gear Cycling, Yoga, BodyShred, is SCW-certified for Fitness Moms in Motion, a Cooper Institute Lifestyle & Wellness Coach, Schwinn Cycling Instructor, Bosu Complete Workout as well as NOFFS certified in Strength, Endurance and Sandbag. She is currently enrolled in a 200 hour Yoga Teacher Training through Anne Arundel Community College and Yoga Alliance.



Joanne Zyla, Fitness Specialist, is a highly skilled personal trainer with more than 12 years of experience in guiding and motivating clients through individualized exercise prescriptions for weight loss, postural alignment, and injury management & prevention, as well as, training athletes for sports performance and strength gains. She gained her extensive knowledge of the body through a Master of Science degree in Applied Health Physiology and Bachelors of Science in Exercise Science from Salisbury University. Joanne is a certified Personal Trainer through the American College of Sports Medicine (ACSM), and is a certified NOFFS group instructor. She is CPR/AED Certified and First Aid & Safety Certified. She teaches Command PT, the H.I.I.T. class and the Metabolics class at the Fitness Center.



William Hibler, Adult Sports Coordinator, is a high energy sports and recreation enthusiast who enjoys making sure others have a variety of sporting outlets to display their skills and passion. He likes to interact and participate with his clients to create positive connections. William has been working in sports administration for 8 years. His technical expertise is derived from a Bachelor of Science and a Master of Science degrees in Sports and Recreation Management. He believes that sports teach valuable life lessons while creating lasting friendships in the process. His sports leagues help increase physical, social, and mental morale with a goal of creating a higher quality of life so that personnel can maintain physical readiness to protect and serve.

