

SEPTEMBER

RUN NOW, WINE LATER
SEP. 21 - 5:30 P.M. AT THE NEX
5K FUN RUN, WINE TASTING
NAVYMWRANNAPOLIS.COM/
RUN-NOW-WINE-LATER

NSA Annapolis Group Fitness Classes

Time	Monday	Tuesday	Wednesday	Thursday	Friday
7:00 a.m.	Cycle				
8:30 a.m.		T'ai Chi Express (no class 9/18)			
9 a.m.	Yoga	Yoga	Yoga	Yoga	Yoga
10:00 a.m.		Silver Fitness		Super Silver Fitness	
10:15 a.m.	Family Boot Camp ☺		Family Boot Camp ☺ <hr/> Cycle Express		Family Boot Camp ☺ No class 9/28 <hr/> Cycle Express
11:30 a.m.	HIIT Express	Boot Camp	HIIT Express		Barre
4:40 p.m.		Cycle	HIIT	Cycle	
5:30 p.m.	Barre		Yoga	Total Body Sculpt	
6:30 p.m.		Zumba & More		Zumba & More	

☺ = Kid friendly class.

Longest Wall Sit

How long can you hold a wall sit? Put your lower body to the challenge with this endurance test! Stand with your back to the wall. Slide down into a squat, knees at 90 degrees, back flat to the wall and palms facing up. Keep the weight on your heels!

Longest time puts you atop of the leader board!

Participate in the next SIX challenges and win a prize!
 Winners featured on the Fitness Wall of Fame in Bldg. #89.
 Each challenge must be witnessed and initialed by a Navy Fitness Staff.

Command PT

Please call the front desk at
 (410) 293-9204 with at least 72 hour notice.

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!



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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.

Boot Camp: Get ready to challenge your whole body with this circuit-style class incorporating intervals of cardio and strength conditioning exercises. This motivating class will entice you to give your all while working at your level. Prepare for a high-energy workout! Class is taught in Gymnasium.

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.

Functional Boot Camp: Class focuses on improving Activities of Daily Living by using bodyweight exercises to increase movement quality. Exercises such as squats, jump squats, push up variations, lunges and sprints will help increase muscle strength, endurance and power. Also, exercises help posture by performing slow controlled core movement such as planks, hip lifts, back extensions and single-leg reaches. For all fitness levels as modifications are provided.

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.

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!

Ship Shape Program

Ship Shape is an evidence-based behavioral health program, designed for AD individuals who exceed or are in danger of exceeding Navy BCA standards. Dependents also welcome to attend. Participants will learn strategies to eat healthier, overcome emotional barriers, and increase their physical fitness levels. This eight week class is ongoing. Call Health Promotions to register at 410-293-1172.

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.