

# NSA ANNAPOLIS GROUP FITNESS CLASSES

FREE GROUP CLASSES  
ALL OF JANUARY!

| DAY      | 8:30 AM                   | 9:00 AM          | 10:00 AM         | 5:00 PM  | 6:00 PM |
|----------|---------------------------|------------------|------------------|----------|---------|
| TUESDAY  | Senior Strength & Stretch | *Cycling         | Abs & Stretching |          |         |
| THURSDAY | Stretch Out Stress        |                  |                  | *Cycling | Pilates |
| FRIDAY   |                           | Restorative Yoga | Pumping          |          |         |

## CLASS DESCRIPTIONS

**Abs and Stretching:** Half an hour of ab work followed by half an hour of stretching - two areas we tend to neglect. The perfect class to round out your workout!

**Pilates:** This class emphasizes strength and flexibility through controlled movements focusing on promoting good posture and core strength.

**Pumping:** Using light to moderate weights with lots of repetition, this class gives you to total body workout. It is an ideal workout for anyone looking to get lean, toned and fit - fast.

**Restorative Yoga:** This class focuses on restoring a healthy back and posture and getting rid of your aches and pains with a combination of yoga poses, incorporating healthy back and physical therapy exercises, as well as stretching with and without the use of props.

**Cycling:** A dynamic indoor cycle class with or without incorporated upper body strength exercises.

**Senior Strength and Stretch:** Build strength, improve balance and increase flexibility using light weights, bands, medicine ball or bodyweight, focusing on daily movement. Suitable for all levels.

**Stretch Out Stress:** Gentle, beginner-friendly sessions focused on releasing physical tension and calming the nervous system.

## PRICES

ACTIVE DUTY, RETIRED,  
RESERVISTS & DEPENDENTS  
FREE

COMMAND FITNESS CLASSES  
Available upon request.

DOW CIVILIANS, CONTRACTORS  
and ALL OTHERS  
\$5 per class  
\$20 Monthly pass

NSA ANNAPOLIS  
FITNESS CENTER, BLDG. 89  
GROUP EXERCISE ROOM  
(410) 293-9204

