

# 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
<b>TUESDAY</b>	Senior Strength & Stretch	*Cycling	Abs & Stretching		
<b>THURSDAY</b>	Stretch Out Stress			*Cycling	Pilates
<b>FRIDAY</b>		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 a 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

