

NSA ANNAPOLIS GROUP FITNESS CLASSES

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

JULY 2026

TUESDAY

08:30 - Senior Strength & Stretch w/Kelly
09:30 - Cycling w/Klaudia

THURSDAY

08:30 - Silver Agility w/Kelly
09:30 - Stretch Out Stress w/Kelly
17:30 - Pilates w/Klaudia

FRIDAY

08:30 - Restorative Yoga w/Klaudia
09:30 - Pumping w/Klaudia



No Classes w/Klaudia on 7/10

PRICING

FREE for Active Duty and Dependents
\$5 per Class for all MWR authorized
patrons and guests
\$20 Monthly Pass (30 days from purchase)

Visit our website for class
descriptions.
NavyMWRAnnapolis.com