

MWR Fitness Center

FITNESS CLASS SCHEDULE

SEPTEMBER

Join our weekly fitness sessions and stay motivated every single day.

MONDAY

0700 - Power Yoga Flow

WEDNESDAY

0600 - Fire Your Core
0830 - Restorative Yoga
0930 - Pumping

FRIDAY

0830 - Restorative Yoga
0930 - Pumping

TUESDAY

08:30 - Senior Strength & Stretch
09:30 - Cycling

THURSDAY

0830 - Silver Agility
0930 - Stretch Out Stress
1730 - Pilates



NSA Annapolis
MWR Fitness Center, Bldg. 89
(410) 293-9204
navymwrannapolis.com/fitness