



# NSA ANNAPOLIS GROUP FITNESS CLASSES

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



## 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

Klaudia will have NO CLASSES in May after 11May.

Kelly will have NO CLASSES 15-20 May and 28 - 31 May.

## 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](http://NavyMWRAnnapolis.com)