



FITNESS ASSESSMENTS & PERSONAL TRAINING

- Certified Fitness Specialists -
CPR / First Aid / AED-Certified Staff

ACTIVE DUTY

FREE Fitness Assessments
Personal Training Sessions
\$10/hour

DEPENDENTS

Fitness Assessment & Personal Training Sessions
\$15/hour

RETIRED MILITARY & DEPENDENTS

Personal Fitness Assessments &
Personal Training Sessions
\$15/hour

ACTIVE/RETIRED DOD CIV, CONTRACTORS, & DEPENDENTS

Fitness Assessment & Personal Training Sessions
\$20/hour

(Discounts available for all personal training groups of 2 or 3 patrons)

STAFF INFORMATION

Amiee Maddox - Fitness Director
410-293-9211

Joanne Zyla - Fitness Specialist
(CFL, NOFFS, & Personal Training)
410-293-9223

Rossana Kistler – Fitness Specialist
(Group Exercise & Facilities Coordinator)
410-293-9212

William Hibler – Sports Coordinator
410-293-9226



FACILITY GUIDELINES

- Patrons are prohibited from using MWR facilities, programs or services to conduct a personal business-based enterprise, except as permitted through properly executed concessionaire or services contracts. *CNICINST 1710.3, 14 JUN 13, 5-1 Enclosure (1), Chapter5, Section 501*
- Appropriate fitness clothing will be worn at all times and cover the body in a way not to offend others. *(Jeans and Fatigue Uniforms are not authorized)*
- Wear appropriate footwear *(NO bare feet, street shoes, boots, or muddy shoes.)*
- Consideration of others is requested by all. Share and wipe off equipment when finished.
- Altering of fitness equipment is not authorized. Equipment should be used only as it is intended to be used. *(If you need assistance in mimicking a particular exercise, please see a member of the fitness staff.)*
- All weights and miscellaneous equipment (i.e. tubing, kettle bells, dumbbells, bands, mats, etc.) must be returned to their proper storage areas.
- Gym bags must be kept in the locker rooms.
- Dropping or banging weights is not permitted in the Circuit Room.
- Music players are not allowed without personal headsets.
- Patrons must be 15 years or older to use the facility without parent or guardian.
- Patrons 10-14 years of age may use the facility if accompanied by an adult and have passed the youth fitness certification. Youth 9 years of age and under are not permitted in the fitness center.
- Use of tobacco products and eating are not permitted.
- Open containers are not authorized. Water Bottles and Sports Drinks must have caps on them.
- Inappropriate language is not permitted.
- Keep grunting and other noises to a minimum.
- Safety collars or clamps are required when using Olympic bars.
- Spotters are recommended at all times.



Revised: February 2016



NSA ANNAPOLIS FITNESS CENTER GUIDE



MWR DEPARTMENT

89 BENNING ROAD

NAVAL SUPPORT ACTIVITY ANNAPOLIS

ANNAPOLIS, MD 21402-5058

410-293-9204

HOURS OF OPERATION

Monday – Friday: 0530 – 2000

Saturday, Sunday, & Federal Holidays: 0800 – 1700

Front Desk: 410-293-9204 or 410-293-9229

ELIGIBILITY & FEES

FREE ADMISSION

Active Duty Military/Dependents

Retired Military/Dependents

Active Reservists/Dependents

Active / Retired Civilian DoD Employees/Dependents

MEMBERSHIP FEES

Full-time USNA / NSAA Contractors

\$400 Annually

\$40 per Month

\$5 per Day

DAILY GUEST FEES

\$5 for All Patron Guests

(Free for Guests visiting from over 50 miles away with proof of address)



GROUP EXERCISE CLASSES

Free for Active Duty/Dependents & Retired Military/Dependents

\$4/class or \$15/monthly for Active/Retired DoD Civilians/Contractors/Dependents

\$5 for All Patron Guests

(Classes subject to change and modification)

Group X Schedule on Web:

<http://www.navywrannapolis.com>

Select Fitness & Sports > Fitness Center

FACILITY SERVICES

Locker rooms: Locker rooms for men and women are located on the ground floor of the Fitness Center in the Cardio Room.

***Due to limited space, lockers are available for daily use only!!*

Towel Services: Towel service is free. We have small workout towels and large shower towels.

Equipment Checkout: Boxing Equipment, Racquetball Gear and other Sports Equipment are available for checkout at the Front Desk, free of charge.

***Items will be available on first come, first served basis only!!*

Group Exercise Classes: We offer a variety of classes for all fitness levels. For more information on our Group Exercise schedule and descriptions of classes, please visit the Front Desk or the website: www.navywrannapolis.com and click on Fitness & Sports > Fitness Center.

Cycling Room: The Cycling Room is located on the ground floor next to the Group Exercise Room. It is only open to patrons when class is in session.

Racquetball: The Racquetball Court is located next to the Gymnasium. Reservation of the court is available 24 hours in advance by active duty only. Others must make same day reservations during hours of operation. Reservations are made on the hour; one hour per day per person with a 15 minute grace period before the court is declared open. There are no court fees.

Functional Fitness Room: The Functional Fitness Room is located next to the Racquetball Court next to the Gymnasium. This room is open to all patrons 15 years of age and older. It includes: Pull-up Bars (multi-level), Olympic Rings, Adjustable Push-up Bars, Speed Rope, Medicine Ball Targets, Rebounder, Dip Bar, Step Platform, & much more!

Fitness Orientations / Questions: Our staff is available to answer any questions or assist you on any of our equipment. To make appointments, please contact our office at 410-293-9223 or 410-293-9212.

Fitness Center

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|--------------------------------|--|
| (7) Treadmills | (3) Olympic Power Racks |
| (4) Ellipticals | Plate Loaded Machines |
| (3) Arc Trainers | Dumbbells |
| (2) Row Machines | Kettlebells |
| (6) Bikes | Medicine Balls |
| (2) Krank Cycles | Multiple Benches |
| (18 Pieces) Total Body Circuit | Various Pull-Up Bars, Dip Bars, & More!! |
| (1) Cable Crossover | |

Cardio Room



Circuit Room/Strength Room



Weight Room/Strength Room



Functional Fitness Room



“The Mission Starts Here!!”