

## FITNESS ASSESSMENTS / PERSONAL TRAINING

American College of Sports Medicine  
-Certified Health Fitness Specialists  
CPR / First Aid / AED-Certified Staff

### ACTIVE DUTY ONLY

FREE Fitness Assessments  
FREE Personal Training Sessions

### ALL OTHER PATRONS

Personal Fitness Assessments  
\$20

#### Personal Training Sessions

\$20/hour per individual  
or  
\$15/person per hour for a group of two people.

Make appointments Monday through Friday, 10 a.m. to 6 p.m.  
with Mark Maier, Fitness Specialist at 410-293-9226.

## MESSAGE THERAPY (BY APPOINTMENT)

\$40 – ½ HOUR SESSION  
\$60 – 1 HOUR SESSION

MWR's massage therapist (Sharon) specializes in soft tissue release, Swedish relaxation, deep tissue, prenatal, and myofascial release. The MWR Massage Studio is located in the MWR Recreation Bldg. #89.

Gift certificates are available at the Customer Service Desk.  
For appointments, call Sharon at 410-279-2070.

### STAFF INFORMATION

Tony Compton – Fitness Director

410-293-9211

Mark Maier – Fitness Specialist

410-293-9226

## FACILITY RULES

- 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. *BUPERSINST 1710.11C CH-1, 03 Mar 03, 6-1 Enclosure (1), Chapter 6, Section 602 (b)*
- 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 barefoot, street shoes, boots, muddy shoes.*)
- 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 fitness staff.*)
- All weights and miscellaneous equipment (i.e. tubing, kettle bells, dumbbells, bands, mats, etc.) must be returned to their proper storage areas.
- Consideration of others is requested by all. Share and wipe off equipment when finished.
- Gym bags must be kept in the locker rooms.
- Dropping or banging weights is not permitted.
- Music players are not allowed without personal headsets.
- Patrons must be 15 years or older to use the facility.
- 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 lids 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.
- Stretching is not authorized in the Cardio Room
- Individuals found in non-compliance with any of the above rules may be barred from the facility for a period prescribed by the Command

# FITNESS CENTER GUIDE



**MWR DEPARTMENT**

**89 BENNING ROAD**

**NAVAL SUPPORT ACTIVITY ANNAPOLIS**

**ANNAPOLIS, MD 21402-5058**

**410-293-9200**



Revised: March 2012

## HOURS OF OPERATION

Monday – Friday: 0530 – 2000

Saturday, Sunday, & Federal Holidays: 0800 – 1700

Reservations and Information: 410-293-9200

## ELIGIBILITY & FEES

### FREE ADMISSION

Active Duty Military

Retired Military

Active Reservists

Active / Retired Civilian DoD Employees

Family Members

### MEMBERSHIP FEES

Full-time USNA/ NSA Contractors

\$300 Annually

\$44 per Month

\$11 per Day

*Yearly and / or Monthly fees include  
Intramural Sports Activities*

### DAILY GUEST FEES

\$5 for DoD Civilians

\$11 for Contractors

### GROUP EXERCISE CLASSES

Seasonal classes - Same as Daily Guest Fees

*(A Frequent Fitness Pass is available. Please see our  
Customer Service Desk for more information on passes  
and schedules of Group Exercise Programs.)*

***\*\*Yearly and / or monthly fees allow participants to use  
fitness facilities and sports programs at any MWR Fitness  
Facility throughout Naval District Washington Region.***

## FACILITY SERVICES

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

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

**Towel Services:** Towels are available when eligible patrons sign up for a "Towel Card." One Towel Card per person is issued at the Customer Service Desk in the Main Lobby of MWR Building. A clean Towel is presented in exchange for a Towel Card and then given back once the Towel is returned.

***\*\*There is a \$3.00 fee for any Towel Cards that have been lost.***

**Equipment Checkout:** Weight Belts, Fitness Kits, Jump Ropes, Boxing Equipment, Racquetball Gear and other Sports Equipment are available for checkout at the Customer Service Desk, free of charge. ID is required to checkout equipment.

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

**Sauna:** For post-workout relaxation and heat therapy, a co-ed sauna is located on the ground floor of the Fitness Center. Proper attire must be worn. Recommended usage per visit is 15 minutes maximum.

**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.

**Group Exercise Room:** The Group Exercise Room is located next to the Racquetball Court. For more information on Group Exercise please see our seasonal classes as advertised on our flyers and Health and Fitness Calendars.

**Fitness Orientations / Questions:** Our staff is available during peak hours to answer any questions or assist you on any of our equipment. To make appointments, please contact our office at 410-293-9211/9226.

**Fitness Center Equipment:** Located on the ground floor.

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

## Cardio Room



## Circuit Room/ Strength Room



## NSA Annapolis Functional Performance Center



***"The Mission Starts Here!!"***