

Health & Fitness Calendar

Naval Support Activity Annapolis

Event Date Time Location

Ongoing Fitness Opportunities

Personal Training	By Appointment (410-293-9226)		MWR Bldg. #89
Group Exercise Classes	Seasonal Schedule Pending	TBA	MWR Bldg. #89
Fitness Assessments	By Appointment (410-293-9226)		MWR Bldg. #89
Orientations	By Appointment (410-293-9226)		MWR Bldg. #89
Youth Fitness	Call for Details (410-293-4998)	TBA	MWR Bldg. #89
Women on Weights	Tuesday & Thursday	1700-1800	MWR Bldg. #89
NOFFS for All Hands	3RD Wednesday Every Month	1115-1215	MWR Bldg. #89
Open Sports Club	Call for Details (410-293-9211)	TBA	MWR Bldg. #89
Open Spin Room & Gymnasium Reservation	Available to Active Duty Commands on Request	To Reserve Call (410-293-9211 / 9226)	MWR Bldg. #89

Special Programs

Youth Speed Camp	TBA – May 2012	Call for Details	MWR Athletic Field
Fit Swim	TBA – May 2012	Call for Details	MWR Pools
Swim Lessons for Youth	TBA – May 2012	Call for Details	MWR Pools

Runs

Black History 5K Run	Saturday- February 18	1000	Greenbury Point Nature Trail
Independence 5K	Saturday- June 30	0900	Greenbury Point Nature Trail
Labor Day 10K	Saturday- September 1	0900	TBA
Turkey Trot 5K	Saturday- November 17	0900	Greenbury Point Nature Trail

**Incentive Award Program **

Completion of All 4 Races earns an award
TBA-December Call for Details (410-293-9211)

Other Events

Health, Nutrition & Fitness Fair	March 27	1000-1500	MWR Gymnasium
Bench Press Competition	April 10	1700	MWR Weight Room
Dodge Ball Tournament	October 30 - November 1	Call for Details	MWR Gymnasium

Seminars/Meetings

NOFFS (CFL's/ ACFL's Only)	TBA	Call for Details	MWR Bldg. #89
Mission Nutrition	TBA	Call for Details	TBA
Certified Fitness Leader's Course	January 23-27 May 14-18 August 6-10 November 5-9	Call for Details (301-342-5449)	NAS Patuxent River
CFL Meeting	February 1 & August 1	Call for Details	MWR Bldg. #89

