

Certified Instructor



ZUMBA & SPINNING CLASSES



Spinning Classes:

Mondays 1730-1830

Thursdays 1115 - 1215

Saturdays 0900 - 1000

January 19 - February 28

Instructor: Lauren McCarthy

(No classes on 1/21 and 2/18 - Federal Holidays)

Zumba Classes:

Fridays at 1800

February 1 - 28

Instructor: Aleta Cruz-Comacho



\$3 per Class

Pay at the MWR Customer Service Desk, Bldg. #89

Naval Support Activity Annapolis

No advance signup! Classes are in the MWR Recreation Services Bldg. #89

For more information - 410-293-9200 or 9226 / 9211



ACTIVE DUTY ARE FREE!