

The Fitness Center at the Roger W. "Pip" Moyer Community Recreation Center

Thank you for joining the Roger W. "Pip" Moyer Community Recreation Center (PMRC) and welcome to our facility! We hope every visit proves to be an enjoyable and rewarding experience for you.

The Fitness Center at PMRC is staffed by a team of Fitness Specialists who are available to service all of your health and fitness needs. Our Fitness Specialists are professional, certified Personal Trainers and a great resource for important health and fitness information. We can help you lose weight, develop an exercise program, train for peak athletic achievement, teach you new exercises and answer your health and fitness questions.



annapolis
recreation & parks

Healthy Living Starts Here.

However great or small your needs are, our Fitness Specialists are here to serve you in any way we can. Don't see us in the Fitness Center? Ask the front desk to contact a Fitness Specialist for you.

Fitness Orientation Program

The PMRC Full Membership includes 90 minutes of FREE one-on-one training with a certified Personal Trainer:

- A complimentary Fitness Orientation (60 minutes)
- One complimentary Personal Training session (30 minutes)



The complimentary Fitness Orientation is a great way to become familiar and comfortable with the PMRC Fitness Center, to develop your fitness goals and workout plan, to enjoy the benefits of having a professional trainer guide you, and to experience "the gym" in a whole new way.

Please note: Complimentary Personal Training sessions are only valid within 30 days of the Fitness Orientation. A 24-hour notice is required for cancelled or re-scheduled Personal Training sessions.

Three ways to sign up for your Fitness Orientation:

1 Speak with a Fitness Specialist at PMRC or call 410.263.7958.

2 E-mail the PMRC Fitness Coordinator, Tom Milenkevich, at: tmilenkevich@annapolis.gov

3 Complete a Personal Training Interest Form at PMRC front desk.

Name: _____

Phone: _____

Available dates/times: _____