



FOUNDATIONFITNESS

Foundation Fitness of Annapolis

Our Services:

- Open Gym/ Cardio Room
- Personal Training
- Free Weight Room
- Bootcamp
- Modern Equipment
- 55+ Classes per Week
- Pilates
- Massage
- Sauna/ Steam room/ Showers
- Only \$30 per month!
- No Contracts!
- No Enrollment Fee!

Foundation Fitness

2006 Industrial Dr,
Annapolis, MD 21401

Phone: (410) 266-3366
Hours:

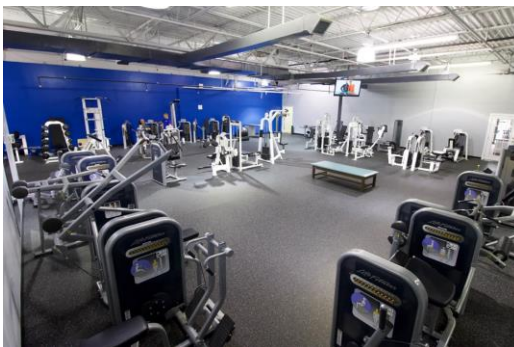
Mon-Fri: 5am- 10pm
Sat-Sun: 7am-7pm



We offer a variety of classes! Some of which include Zumba, Yoga, Spin, Body Pump and Step.



Our training room is a brand new addition to the gym. Here we offer small-group training and strength conditioning.



Our circuit room contains over 30 high and low resistance machines.



Our weight room is staged on two different levels with each containing free weights, power-racks, plate loaded machines, and cable cross-over machines.