

# MARCH 2025

## NSF INDIAN HEAD GROUP FITNESS CLASSES

Monday	Tuesday	Wednesday	Thursday	Friday
3 <b>H.I.I.T Training</b> 4:30 PM-5:30 PM	4 <b>Spin Class</b> 11:30 AM-12:30 PM	5 <b>Circuit</b> 4:30 PM-5:30 PM	6 <b>H.I.I.T Training</b> 4:30 PM-5:30 PM	7 <b>Mini NOFFS Session</b> 4:30 PM-5:30 PM
10 <b>H.I.I.T Training</b> 4:30 PM-5:30 PM	11 <b>Spin Class</b> 11:30 AM-12:30 PM	12 <b>Circuit</b> 4:30 PM-5:30 PM	13 <b>H.I.I.T Training</b> 4:30 PM-5:30 PM <b>Pot of Gold 5K</b>	14 <b>Mini NOFFS Session</b> 4:30 PM-5:30 PM
17 <b>Weeklong Max Squat Rep Competition</b>	18 <b>Spin Class</b> 11:30 AM-12:30 PM	19 <b>Circuit</b> 4:30 PM-5:30 PM	20 <b>H.I.I.T Training</b> 4:30 PM-5:30 PM	21 <b>Mini NOFFS Session</b> 4:30 PM-5:30 PM
24 <b>H.I.I.T Training</b> 4:30 PM-5:30 PM	25 <b>Spin Class</b> 11:30 AM-12:30 PM	26 <b>Circuit</b> 4:30 PM-5:30 PM	27 <b>H.I.I.T Training</b> 4:30 PM-5:30 PM	28 <b>Mini NOFFS Session</b> 4:30 PM-5:30 PM

# CLASS DESCRIPTIONS

**H.I.I.T Training:** High intensity interval training that promotes maximum heart rate improvement with an exciting intense workout routine.

**Circuit:** This class is based on stations using equipment such as BOSU, body weight, kettlebells, dumbbells, bands, bars, & medicine balls. Each station is timed, completing a few cycles of each station.

**Spin Class:** Indoor group cycling class designed for all fitness levels to get a high energy effective calorie burning workout.

**Mini NOFFS Session:** Navy Operational Fitness and Fueling System (NOFFS) workout with an emphasis on foam rolling, plyometrics, cardio, stretching, and strength training. \*Mini Workout with a great sweat\*

## COST

**Active Duty, Retired & Dependents: FREE**

**Single Class: \$4**

**Monthly Unlimited Pass: \$20**

**8-Class Punch: \$24**

**20-Class Pass: \$50**

## WEIGHT HOUSE FITNESS CENTER

**(301) 744-4661**

**4355 Security Dr. Bldg. 1660**

Monday-Friday: 6 AM - 9 PM  
Saturday-Sunday: 8 AM - 4 PM

Holidays: 8 AM - 12 PM