

# JANUARY 2025

## NSF INDIAN HEAD GROUP FITNESS CLASSES

| Monday   | Tuesday                                      | Wednesday                                | Thursday  | Friday   |
|--|--|--|---|--|
|  |  | 1<br><b>New Year's Day</b><br>NO CLASSES | 2<br>NO CLASSES<br><b>10 LB. CHALLENGE BEGINS</b>                 | 3<br><b>Mini NOFFS Session</b><br>4:30 PM-5:30 PM  |
| 6<br><b>H.I.I.T Training</b><br>4:30 PM-5:30 PM  | 7<br><b>Spin Class</b><br>11:30 AM-12:30 PM  | 8<br><b>Circuit</b><br>4:30 PM-5:30 PM   | 9<br><b>Spin Class</b><br>6:30 AM-7:30 AM<br><b>NEW YEARS RUN</b> | 10<br><b>Mini NOFFS Session</b><br>4:30 PM-5:30 PM |
| 13<br><b>H.I.I.T Training</b><br>4:30 PM-5:30 PM | 14<br><b>Spin Class</b><br>11:30 AM-12:30 PM | 15<br><b>Circuit</b><br>4:30 PM-5:30 PM  | 16<br><b>Spin Class</b><br>6:30 AM-7:30 AM                        | 17<br><b>Mini NOFFS Session</b><br>4:30 PM-5:30 PM |
| 20<br><b>MLK Day</b><br>NO CLASSES               | 21<br><b>Spin Class</b><br>11:30 AM-12:30 PM | 22<br><b>Circuit</b><br>4:30 PM-5:30 PM  | 23<br><b>Spin Class</b><br>6:30 AM-7:30 AM                        | 24<br>NO CLASSES                                   |
| 27<br><b>H.I.I.T Training</b><br>4:30 PM-5:30 PM | 28<br><b>Spin Class</b><br>11:30 AM-12:30 PM | 29<br><b>Circuit</b><br>4:30 PM-5:30 PM  | 30<br><b>Spin Class</b><br>6:30 AM-7:30 AM                        | 31<br><b>Mini NOFFS Session</b><br>4:30 PM-5:30 PM |