



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b> <b>WHFC 0830-1700</b>	<b>2</b> <b>30-60 min AM class</b> Command PT Class (book ahead)  <b>1130-1230</b> <i>Bodysculpt</i>	<b>3</b> <b>0630-0715 Spin</b>  <b>1100-1145 Spin</b>  <b>1200-1230</b> <b>Butts &amp; Guts</b>	<b>4</b> <b>30-60 min AM class</b> Command PT Class (book ahead)  <b>1130-1230</b> <b>Cardio Kickboxing</b> <b>1630-1730</b> <b>YOGA</b>	<b>5</b> <b>0630-0715 Spin</b>	<b>6</b> <b>30-60 min AM class</b> Command PT Class (book ahead)  <b>1130-1230</b> <i>Circuit Training</i>	<b>7</b> <b>WHFC 0830-1700</b>  <b>0930-1030</b> <b>Spin</b>
<b>8</b> <b>WHFC 0830-1700</b>	<b>9</b> <b>30-60 min AM class</b> Command PT Class (book ahead)  <b>1130-1230</b> <b>NOFFS</b>	<b>10</b> <b>0630-0715 Spin</b>  <b>1100-1145 Spin</b>  <b>1200-1230</b> <b>Butts &amp; Guts</b>	<b>11</b>   <b>WHFC 1000-1400</b>	<b>12</b> <b>0630-0715 Spin</b>	<b>13</b> <b>30-60 min AM class</b> Command PT Class (book ahead)  <b>1130-1230</b> <i>Circuit Training</i>	<b>14</b> <b>WHFC 0830-1700</b>  <b>0930-1030</b> <b>Spin</b>
<b>15</b> <b>WHFC 0830-1700</b>	<b>16</b> <b>30-60 min AM class</b> Command PT Class (book ahead)  <b>1130-1230</b> <i>Bodysculpt</i>	<b>17</b> <b>0630-0715 Spin</b>  <b>1100-1145 Spin</b>  <b>1200-1230</b> <b>Butts &amp; Guts</b>	<b>18</b> <b>30-60 min AM class</b> Command PT Class (book ahead)  <b>1130-1230</b> <b>Boot Camp</b>	<b>19</b> <b>0630-0715 Spin</b>  	<b>20</b> <b>30-60 min AM class</b> Command PT Class (book ahead)  <b>1130-1230</b> <b>Kettle bell Circuit</b>	<b>21</b> <b>WHFC 0830-1700</b>  <b>0930-1030</b> <b>Spin</b>
<b>22</b> <b>WHFC 0830-1700</b>	<b>23</b> <b>30-60 min AM class</b> Command PT Class (book ahead)  <b>1130-1230</b> <b>NOFFS</b>	<b>24</b> <b>0630-0715 Spin</b>  <b>1100-1145 Spin</b>  <b>1200-1230</b> <b>Butts &amp; Guts</b>	<b>25</b> <b>30-60 min AM class</b> Command PT Class (book ahead)  <b>1130-1230</b> <b>Cardio Kickboxing</b>	<b>26</b>   <b>WHFC 0800-1200</b>	<b>27</b> <b>30-60 min AM class</b> Command PT Class (book ahead)  <b>1130-1230</b> <b>Kettle bell Circuit</b>	<b>28</b> <b>WHFC 0830-1700</b>  <b>0930-1030</b> <b>Spin</b>
<b>29</b> <b>WHFC 0830-1700</b>	<b>30</b> <b>30-60 min AM class</b> Command PT Class (book ahead)  <b>1130-1230</b> <i>Bodysculpt</i>	<b>1</b> <b>0630-0715 Spin</b>  <b>1100-1145 Spin</b>  <b>1200-1230</b> <b>Butts &amp; Guts</b>	<b>2</b> <b>30-60 min AM class</b> Command PT Class (book ahead)  <b>1130-1230</b> <b>Boot Camp</b> <b>1630-1730</b> <b>YOGA</b>	<b>3</b> <b>0630-0715 Spin</b>	<b>4</b> <b>30-60 min AM class</b> Command PT Class (book ahead)  <b>1130-1230</b> <i>Circuit Training</i>	<b>5</b> <b>WHFC 0830-1700</b>  <b>0930-1030</b> <b>Spin</b>

**CLASS FEES:** \$3 (45-60 min class), \$12.50 (monthly unlimited)**All Classes are Free for Active Duty/Retired Military and Active Duty Dependents.**NSF Indian Head Weight House Fitness Center **301-744-4661****Hours:** Monday- Friday 0500-2200 Saturday- Sunday 0830-1700 Holidays 1000-1400

\*Please Note: Instructor must have a minimum of four participants to teach class.

**1 Hr NOFFS Class:** Navy Operational Fitness and Fueling System is designed to develop all elements of pillar preparation, movement preparation, strength circuit, cardiovascular circuit and regeneration.

**Yoga:** A barefoot class based on strengthening the core, realigning the spine, breathing, flexibility, and relaxing... you might break a sweat, and you'll definitely leave regenerated.

**Body Sculpt:** A total body strengthening class moving to the music using weights and other equipment to challenge the body's muscular strength and endurance.

**Spin:** An indoor group cycling class designed for all fitness levels. You'll be sure to get a smooth ride with the New Live strong Bikes!

**Cardio Kickboxing:** A high energy cardio class based on martial arts moves. No martial arts experience needed!

**Bootcamp/Circuit Training:** This class is based on stations using equipment such as BOSU, body weight, gliding disks, kettle bells, dumbbells, bars & med balls. Each station is timed, completing 2-3 cycles of the 10 stations. Hope to see you there!

**Butts and Guts:** When you're missing that extra push of a challenge to blast the abs and the gluts, this 30 minute class will do just that! Class will also emphasize the importance of low back strength and stability while also demonstrating exercises to stretch throughout the core.

**Kettlebells (KB):** The kettlebell or girya (Russian: **гиря**) is a cast iron weight (resembling a cannonball with a handle) used to perform ballistic exercises that combine cardiovascular, strength and flexibility training. Kettlebell exercises build strength and endurance, particularly in the lower back, legs, and shoulders, and increase grip strength. The basic movements, such as the swing, snatch, and the clean and jerk, engage the entire body at once, and in a way that mimics real world activities such as shoveling or farm work.

In the Kettle bell circuit, Kettlebells as well as other equipment will be used

*"Enjoy the little things, for one day  
you may look back and realize they  
were the big things."*

*Robert Brault*