

# Group Exercise Schedule

AUG 2019

WWW.NAVYMWRINDIANHEAD.COM/SPORTS-FITNESS

GROUP EX STUDIO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29 ZUMBA 11:30 A.M. – 12:30 P.M.	30 SPIN 6:30 – 7:30 A.M. YOGA 11:30 A.M. – 12:30 P.M.	31 SPIN 11:45 A.M. – 12:30 P.M.	1 SPIN 6:30 – 7:30 A.M. CARDIO KICKBOXING 11:30 A.M. – 12:15 P.M.	2 SPRINT TRIATHLON @POOL 0700 TRANSITION SETUP	3 SPIN 9 – 10 A.M.
5 ZUMBA 11:30 A.M. – 12:30 P.M.	6 SPIN 6:30 – 7:30 A.M. YOGA 11:30 A.M. – 12:30 P.M.	7 SPIN 11:45 A.M. – 12:30 P.M.	8 SPIN 6:30 – 7:30 A.M. ZUMBA 11:30 A.M. – 12:15 P.M.	9 BODY SCULPT 11:30 A.M. – 12:30 P.M.	10 SPIN 9 – 10 A.M.
12 ZUMBA 11:30 A.M. – 12:30 P.M.	13 SPIN 6:30 – 7:30 A.M. SPRINT RELAY RACE @7 YOGA 11:30 A.M. – 12:30 P.M.	14 SPIN 11:45 A.M. – 12:30 P.M.	15 SPIN 6:30 – 7:30 A.M. CARDIO KICKBOXING 11:30 A.M. – 12:15 P.M.	16 BODY SCULPT 11:30 A.M. – 12:30 P.M.	17 SPIN 9 – 10 A.M.
19 ZUMBA 11:30 A.M. – 12:30 P.M.	20 SPIN 6:30 – 7:30 A.M. YOGA 11:30 A.M. – 12:30 P.M.	21 SPIN 11:45 A.M. – 12:30 P.M.	22 SPIN 6:30 – 7:30 A.M. ZUMBA 11:30 A.M. – 12:15 P.M.	23 BOOTCAMP 11:30 A.M. – 12:30 P.M.	24 SPIN 9 – 10 A.M.
26 ZUMBA 11:30 A.M. – 12:30 P.M.	27 SPIN 6:30 – 7:30 A.M. YOGA 11:30 A.M. – 12:30 P.M.	28 SPIN 11:45 A.M. – 12:30 P.M.	29 SPIN 6:30 – 7:30 A.M. CARDIO KICKBOXING 11:30 A.M. – 12:15 P.M.	30 BOOTCAMP 11:30 A.M. – 12:30 P.M.	31 SPIN 9 – 10 A.M.

## COST

ACTIVE DUTY, RETIRED  
& DEPENDENTS

FREE

## ALL OTHERS

30-60 MINUTE CLASS  
\$4

MONTHLY UNLIMITED PASS  
\$15

GUESTS  
\$5

## CLASSES

- BODY SCULPT
- BOOTCAMP
- CARDIO KICKBOXING
- NOFFS
- SPIN
- YOGA
- ZUMBA

## WEIGHT HOUSE FITNESS CENTER

301-744-4661  
4355 SECURITY DR., BLDG 1660

MON-FRI: 5 A.M. – 10 P.M.  
SAT-SUN: 8:30 A.M. – 5 P.M.

HOLIDAYS: 10 A.M. – 2 P.M.

## GROUP EXERCISE CLASS DESCRIPTIONS

### **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.

### **BOOTCAMP**

This class is based on stations using equipment such as BOSU, body weight, gliding disks, kettle bells, dumbbells, bands, bars & med balls. Each station is timed, completing a few cycles of each stations. Hope to see you there!

### **CARDIO KICKBOXING**

A high energy cardio class based on martial arts moves. No martial arts experience needed!

### **NOFFS**

Navy Operational Fitness and Fueling System designed to develop all elements of pillar preparation, movement preparation, strength circuit, cardiovascular circuit and regeneration. Using bands, weights, sandbags.

### **SPIN**

An indoor group cycling class designed for all fitness levels. You'll be sure to get a killer workout with our Live Strong Bikes!

### **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.

### **ZUMBA**

Exercise fitness program created by Columbian dancer involving dance and aerobic movements performed to energetic music. Choreography incorporates hip-hop, soca, samba, salsa, merengue, and mambo. Squats and lunges are also included.

**“It takes as much energy to wish  
as it does to plan.”  
- Eleanor Roosevelt**