

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3 WHFC 0830-1700	4 30-60 min AM class Command PT Class (book ahead) 1130-1230 <i>Circuit</i> 1630-1730 YOGA	5 0630-0715 Spin 1100-1300 Open House & 10LB Challenge Kickoff New Year's Fun Run	6 30-60 min AM class Command PT Class (book ahead) 1130-1230 Cardio Kickboxing	7 0630-0715 Spin 1130-1230 20-20-20	8 30-60 min AM class Command PT Class (book ahead) 1130-1230 <i>Bodysculpt</i>	9 WHFC 0830-1700 0930-1030 Spin
10 WHFC 0830-1700	11 30-60 min AM class Command PT Class (book ahead) 1130-1230 <i>Circuit</i> 1630-1730 YOGA	12 0630-0715 Spin 1100-1145 Spin 1200-1230 Butts & Guts	13 30-60 min AM class Command PT Class (book ahead) 1130-1230 Kettlebell	14 0630-0715 Spin 1130-1230 20-20-20	15 30-60 min AM class Command PT Class (book ahead) Power House Meet @ 0700-1300	16 WHFC 0830-1700 0930-1030 Spin
17 WHFC 0830-1700	18  WHFC1000-1400	19 0630-0715 Spin 1100-1145 Spin 1200-1230 Butts & Guts	20 30-60 min AM class Command PT Class (book ahead) 1130-1230 Kettlebell	21 0630-0715 Spin 1130-1230 Bosu Circuit	22 30-60 min AM class Command PT Class (book ahead) 1130-1230 <i>Boot Camp</i>	23 WHFC 0830-1700 0930-1030 Spin
24 WHFC 0830-1700	25 30-60 min AM class Command PT Class (book ahead) 1130-1230 NOFFS Circuit	26 0630-0715 Spin 1100-1145 Spin 1200-1230 Butts & Guts	27 30-60 min AM class Command PT Class (book ahead) 1130-1230 Cardio Kickboxing	28 0630-0715 Spin 1130-1230 20-20-20	29 30-60 min AM class Command PT Class (book ahead) 1130-1230 <i>Boot Camp</i>	30 WHFC 0830-1700 0930-1030 Spin
31 WHFC 0830-1700						

CLASS FEES: \$4 (45-60 min class), \$15 (monthly unlimited), Guests \$5

All Classes are Free for Active Duty/Retired Military and Active Duty/Retired 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.*

Class description

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

20-20-20: Strength, Stamina, Stretch! 20 minutes each. The class will vary from week to week, but it will always be 20 minutes of strength training, 20 minutes of cardio conditioning, and 20 minutes of regeneration/stretch. Who said you can't have it all!!!

Step: A fun cardio workout using a bench and mixing power moves and choreography

*"The future depends on what we do in the present." -
Mahatma Gandhi*

