

January 2020



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31	1 New Year's Day WHFC 1000 - 1400	2 SPIN 06:30 A.M. - 07:30 A.M. New Year's Fun Run & Open House @ 11	3 NOFFS 11:30 A.M. - 12:30 P.M.	4 SPIN 9 - 10 A.M.
6 ZUMBA 11:30 A.M. - 12:30 P.M.	7 SPIN 06:30 A.M. - 07:30 A.M. YOGA 11:30 A.M. - 12:30 P.M.	8 BOOTCAMP 11:00 A.M. - 11:30 A.M. SPIN 11:45 P.M. - 12:30 P.M.	9 SPIN 06:30 A.M. - 07:30 A.M. CARDIO KICKBOXING 11:30 A.M. - 12:15 P.M.	10 CIRCUIT 11:30 A.M. - 12:30 P.M.	11 SPIN 9 - 10 A.M.
13 ZUMBA 11:30 A.M. - 12:30 P.M.	14 SPIN 06:30 A.M. - 07:30 A.M. YOGA 11:30 A.M. - 12:30 P.M.	15 BOOTCAMP 11:00 A.M. - 11:30 A.M. SPIN 11:45 P.M. - 12:30 P.M.	16 SPIN 06:30 A.M. - 07:30 A.M. ZUMBA 11:30 A.M. - 12:30 P.M.	17 CIRCUIT 11:30 A.M. - 12:30 P.M.	18 SPIN 9 - 10 A.M.
20 MLK Day WHFC 1000 - 1400	21 SPIN 06:30 A.M. - 07:30 A.M. YOGA 11:30 A.M. - 12:30 P.M.	22 BOOTCAMP 11:00 A.M. - 11:30 A.M. SPIN 11:45 P.M. - 12:30 P.M.	23 SPIN 06:30 A.M. - 07:30 A.M. CARDIO KICKBOXING 11:30 A.M. - 12:15 P.M.	24 CIRCUIT 11:30 A.M. - 12:30 P.M.	25 SPIN 9 - 10 A.M.
27 ZUMBA 11:30 A.M. - 12:30 P.M.	28 SPIN 06:30 A.M. - 07:30 A.M. YOGA 11:30 A.M. - 12:30 P.M.	29 BOOTCAMP 11:00 A.M. - 11:30 A.M. SPIN 11:45 P.M. - 12:30 P.M.	30 SPIN 06:30 A.M. - 07:30 A.M. ZUMBA 11:30 A.M. - 12:30 P.M.	31 NOFFS 11:30 A.M. - 12:30 P.M.	1

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
■ CIRCUIT
■ 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.