



NSF Indian Head Weight House Fitness Center 301-744-4661

MAY GX SCHEDULE



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 WHFC 0830-1700	1 1130-1230 NOFFS	2 1100-1130 Cardio Kickboxing 1145-1230 Spin	3 1100-1120 Band Burn 1130-1230 Yoga	4 1130-1230 KB 1630-1730 Spin	5 1130-1230 Circuit	6 WHFC 0830-1700
7 WHFC 0830-1700	8 1130-1230 NOFFS	9 1100-1130 Butts & Guts 1145-1230 Spin	10 1130-1230 Yoga	11 1130-1200 KB 1200-1230 Cardio Blast 1630-1730 Spin	12 1130-1230 Circuit Mother's Day Stroll @ 1630 	13 WHFC Closed due to power outage
14 WHFC Closed due to power outage	15 1130-1230 NOFFS	16 1100-1130 Cardio Kickboxing 1145-1230 Spin	17 1100-1120 Band Burn 1130-1230 Yoga	18 1130-1230 KB 1630-1730 Spin	19 1130-1230 Circuit	20 WHFC 0830-1700
21 WHFC 0830-1700	22 1130-1230 NOFFS	23 1100-1130 Butts & Guts 1145-1230 Spin	24 1130-1230 Yoga	25 Memorial Day 10K @ 1100 (register by 1030)  1630-1730 Spin	26 1130-1230 Circuit 1630-1730 Yoga	27 WHFC 0830-1700
28 WHFC 0830-1700	29  WHFC 1000-1400	30 1100-1130 Cardio Kickboxing 1145-1230 Spin	31 1100-1120 Band Burn 1130-1230 Yoga	1 1130-1200 KB 1200-1230 Cardio Blast 1630-1730 Spin	2 1130-1230 Circuit	3 WHFC 0830-1700

CLASS FEES: \$4 (30-60 min class), \$15 (monthly unlimited), Guests \$5

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

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

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. Using bands, weights, sandbags...

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 killer work out with our Live Strong Bikes!

Cardio Blast: Blast your cardio fitness level through the roof with the best of any type of cardio training the instructor feels like throwing at you! You will challenge your aerobic and anaerobic threshold every time so come prepared to get your cardio on!

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

Bootcamp/Cardio& Strength Circuit Training: 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!

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: ги́ря) 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.

Hip Hop Dance and Ab Attack: Get a great cardio workout while learning dance moves you can take to today's dance music. You will be ready for that dancefloor, you bet!!! Then we will end the session with an intense Ab workout.

HIIT: High Intensity Interval Training. If you want to burn more fat, improve endurance, and build strength, Then HIIT is for you!

Bosu: Using a blue bouncy dome that resembles a Swiss ball cut in half, this class works your glutes, hips, thighs, upper body and mid-section while building your core strength and balance. The Bosu allows you to train for multiple components of fitness, including balance, stability, strengthening the core and more. These skills are important for accomplishing everyday activities.

“Hard work beats talent when talent doesn't work hard.”

-Tim Notke