

JULY 2025

NSF INDIAN HEAD GROUP FITNESS CLASSES

Monday	Tuesday	Wednesday	Thursday	Friday
	1 H.I.I.T Training 4:30 PM-5:30 PM	2 Fit Ab Workout 11:30 AM-12:30 PM	3 Circuit 4:30 PM-5:30 PM	4 Mini NOFFS Session 4:30 PM-5:30 PM
7 Dynamic Stretch 11:30 AM-12:30 PM	8 H.I.I.T Training 4:30 PM-5:30 PM	9 Fit Ab Workout 11:30 AM-12:30 PM	10 Circuit 4:30 PM-5:30 PM	11 Mini NOFFS Session 4:30 PM-5:30 PM
14 Dynamic Stretch 11:30 AM-12:30 PM	15 H.I.I.T Training 4:30 PM-5:30 PM	16 Fit Ab Workout 11:30 AM-12:30 PM	17 Circuit 4:30 PM-5:30 PM	18 Mini NOFFS Session 4:30 PM-5:30 PM
21 Dynamic Stretch 11:30 AM-12:30 PM	22 H.I.I.T Training 4:30 PM-5:30 PM	23 Fit Ab Workout 11:30 AM-12:30 PM	24 Circuit 4:30 PM-5:30 PM	25 Mini NOFFS Session 4:30 PM-5:30 PM
28 Dynamic Stretch 11:30 AM-12:30 PM	29 H.I.I.T Training 4:30 PM-5:30 PM	30 Fit Ab Workout 11:30 AM-12:30 PM	31 Circuit 4:30 PM-5:30 PM	

CLASS DESCRIPTIONS

H.I.I.T Training: High intensity interval training that promotes maximum heart rate improvement with an exciting intense workout routine.

Circuit: This class is based on stations using equipment such as BOSU, body weight, kettlebells, dumbbells, bands, bars, & medicine balls. Each station is timed, completing a few cycles of each station.

Mini NOFFS Session: Navy Operational Fitness and Fueling System (NOFFS) workout with an emphasis on foam rolling, plyometrics, cardio, stretching, and strength training. *Mini Workout with a great sweat*

COST

Active Duty, Retired & Dependents: FREE

Single Class: \$4

Monthly Unlimited Pass: \$20

8-Class Punch: \$24

20-Class Pass: \$50

WEIGHT HOUSE FITNESS CENTER

(301) 744-4661

4355 Security Dr. Bldg. 1660

Monday-Friday: 6 AM - 9 PM

Saturday-Sunday: 8 AM - 4 PM

Holidays: 8 AM - 12 PM