


Group Exercise Schedule

DEC 2019

WWW.NAVYMWRINDIANHEAD.COM/SPORTS-FITNESS

GROUP EX STUDIO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2 ZUMBA 11:30 A.M. – 12:30 P.M. P.M.	3 SPIN 6:30 – 7:30 A.M.	4 BOOTCAMP 11:00 – 11:30 A.M.	5 SPIN 6:30 – 7:30 A.M.	6 NOFFS 11:30 A.M. – 12:30 P.M.	7 SPIN 9 – 10 A.M.
9 ZUMBA 11:30 A.M. – 12:30 P.M. P.M.	10 SPIN 6:30 – 7:30 A.M.	11 BOOTCAMP 11:00 – 11:30 A.M.	12 SPIN 6:30 – 7:30 A.M.	13 CIRCUIT 11:30 A.M. – 12:30 P.M.	14 SPIN 9 – 10 A.M.
16 ZUMBA 11:30 A.M. – 12:30 P.M. P.M.	17 JINGLE BELL RUN @11	18 BOOTCAMP 11:00 – 11:30 A.M.	19 SPIN 6:30 – 7:30 A.M.	20 CIRCUIT 11:30 A.M. – 12:30 P.M.	21 SPIN 9 – 10 A.M.
23 ZUMBA 11:30 A.M. – 12:30 P.M. P.M.	24 SPIN 6:30 – 7:30 A.M.	25 Christmas WHFC Closed 	26 SPIN 6:30 – 7:30 A.M.	27 CIRCUIT 11:30 A.M. – 12:30 P.M.	28 SPIN 9 – 10 A.M.
30 ZUMBA 11:30 A.M. – 12:30 P.M. P.M.	31 SPIN 6:30 – 7:30 A.M.	1 NEW YEAR'S DAY DAY WHFC 1000-1400	2 SPIN 6:30 – 7:30 A.M.	3 NOFFS 11:30 A.M. – 12:30 P.M.	4 SPIN 9 – 10 A.M.
			OPEN HOUSE & FUN FUN RUN @11		

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.

CLASS DESCRIPTIONS

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.

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 Columbians 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.

**“In the middle of every difficulty
lies opportunity.”
- Albert Einstein**