

# FEBRUARY 2026

## NSF INDIAN HEAD GROUP FITNESS CLASSES

Monday	Tuesday	Wednesday	Thursday	Friday
2 <b>Circuit Training</b> 5:30-6:30 PM	3 <b>Partners Pickleball Tournament</b>	4 <b>H.I.I.T Class</b> 11:30 AM-12:30 PM <b>Core Workout</b> 5:30-6:30 PM	5	6 <b>Circuit Training</b> 5:30-6:30 PM
9 <b>Circuit Training</b> 5:30-6:30 PM	10 <b>Wallyball Tournament</b>	11 <b>H.I.I.T Class</b> 11:30 AM-12:30 PM <b>Core Workout</b> 5:30-6:30 PM	12 <b>Happy Hearts 2.1 Run</b>	13 <b>Circuit Training</b> 5:30-6:30 PM
16 <b>PRESIDENT'S DAY NO CLASSES</b>	17 <b>Weeklong Benchpress Competition</b>	18 <b>H.I.I.T Class</b> 11:30 AM-12:30 PM <b>Core Workout</b> 5:30-6:30 PM	19 <b>All-Star Weekend Lunch Day</b>	20 <b>Circuit Training</b> 5:30-6:30 PM
23 <b>Circuit Training</b> 5:30-6:30 PM	24	25 <b>H.I.I.T Class</b> 11:30 AM-12:30 PM <b>Core Workout</b> 5:30-6:30 PM	26	27 <b>Circuit Training</b> 5:30-6:30 PM

# 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.

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

**Core Workout:** This is a high energy 45 min workout class that targets your core, abs and obliques. Using a mix of different exercises to get your core foundation ready all activities.

## 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