

March 2020



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 ZUMBA 11:30 A.M. - 12:30 P.M.	3 SPIN 06:30 A.M. - 07:30 A.M. YOGA 11:30 A.M. - 12:30 P.M.	4 NOFFS 11:00 A.M. - 11:30 A.M. SPIN 11:45 P.M. - 12:30 P.M.	5 SPIN 06:30 A.M. - 07:30 A.M. KETTLEBELL 11:30 A.M. - 12:30 P.M.	6 CIRCUIT 11:30 A.M. - 12:30 P.M.	7 SPIN 9 - 10 A.M.
9 ZUMBA 11:30 A.M. - 12:30 P.M.	10 SPIN 06:30 A.M. - 07:30 A.M. YOGA 11:30 A.M. - 12:30 P.M.	11 NOFFS 11:00 A.M. - 11:30 A.M. SPIN 11:45 P.M. - 12:30 P.M.	12 SPIN 06:30 A.M. - 07:30 A.M. St. Patrick's Day Run @ 11 CARDIO KICKBOXING 11:30 A.M. - 12:15 P.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.	17 SPIN 06:30 A.M. - 07:30 A.M. YOGA 11:30 A.M. - 12:30 P.M.	18 NOFFS 11:00 A.M. - 11:30 A.M. SPIN 11:45 P.M. - 12:30 P.M.	19 SPIN 06:30 A.M. - 07:30 A.M. KETTLEBELL 11:30 A.M. - 12:30 P.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.	24 SPIN 06:30 A.M. - 07:30 A.M. YOGA 11:30 A.M. - 12:30 P.M.	25 NOFFS 11:00 A.M. - 11:30 A.M. SPIN 11:45 P.M. - 12:30 P.M.	26 SPIN 06:30 A.M. - 07:30 A.M. CARDIO KICKBOXING 11:30 A.M. - 12:15 P.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.	31 SPIN 06:30 A.M. - 07:30 A.M. March Mayhem Workout & Party 11:30 A.M. - 12:30 P.M.	1 BOOTCAMP 11:00 A.M. - 11:30 A.M. SPIN 11:45 P.M. - 12:30 P.M.	2 SPIN 06:30 A.M. - 07:30 A.M. ZUMBA 11:30 A.M. - 12:30 P.M.	3 CIRCUIT 11:30 A.M. - 12:30 P.M.	4 SPIN 9 - 10 A.M.

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
- KETTLEBELL

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.

Check out our website at www.navymwrindianhead.com

Class Descriptions

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.

Bootcamp / Circuit: This class uses equipment such as BOSU, body weight, gliding disks, dumbbells, bands, bars, & med balls. Each station is timed, completing a few cycles of each station.

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

Kettlebell: The kettlebell is a cast iron weight used to perform ballistic exercises that combine cardiovascular, strength and flexibility training.

NOFFS: Navy Operational Fitness and Fueling System designed to develop all elements of pillar preparation, movement

Spin: An indoor group cycling class designed for all fitness levels. You'll be sure to get a killer workout with our new Bikes!

Yoga: A barefoot class based on strengthening the core, realigning the spine, breathing, flexibility, and relaxing....you might even break a sweat, and you'll definitely leave regenerated.

Zumba: Exercise fitness program created by Columbian dancers 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.

Weight House Fitness Center 301-744-4661