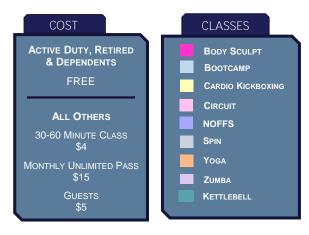
March 2020



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3	4	5	6	7
ZUMBA	SPIN	NOFFS	SPIN	CIRCUIT	SPIN
11:30 A.M 12:30 P.M.	06:30 A.M 07:30 A.M.	11:00 A.M 11:30 A.M.	06:30 A.M 07:30 A.M.	11:30 A.M 12:30 P.M.	9 - 10 A.M.
	YOGA 11:30 A.M 12:30 P.M.	SPIN 11:45 P.M 12:30 P.M.	KETTLEBELL 11:30 A.M 12:30 P.M.		
	11.50 A.IVI 12.50 P.IVI.	11.45 P.IVI 12.50 P.IVI.	11.50 A.IVI 12.50 P.IVI.		
9	10	11	12	13	14
ZUMBA	SPIN	NOFFS	SPIN	CIRCUIT	SPIN
11:30 A.M 12:30 P.M.	06:30 A.M 07:30 A.M.	11:00 A.M 11:30 A.M.	06:30 A.M 07:30 A.M.	11:30 A.M 12:30 P.M.	9 - 10 A.M.
	YOGA 11:30 A.M 12:30 P.M.	SPIN 11:45 P.M 12:30 P.M.	St. Patrick's Day Run @ 11		
			CARDIO KICKBOXING		
			11:30 A.M 12:15 P.M.		
16	17	18	19	20	21
ZUMBA	SPIN	NOFFS	SPIN	CIRCUIT	SPIN
11:30 A.M 12:30 P.M.	06:30 A.M 07:30 A.M.	11:00 A.M 11:30 A.M.	06:30 A.M 07:30 A.M.	11:30 A.M 12:30 P.M.	9 - 10 A.M.
	YOGA 11:30 A.M 12:30 P.M.	SPIN 11:45 P.M 12:30 P.M.	KETTLEBELL 11:30 A.M 12:30 P.M.		
	11.30 A.W 12.30 T.W.	11.451.101 12.501.101.	11.30 A.IVI 12.30 I .IVI.		
23	24	25	26	27	28
ZUMBA	SPIN	NOFFS	SPIN	CIRCUIT	SPIN
11:30 A.M 12:30 P.M.	06:30 A.M 07:30 A.M.	11:00 A.M 11:30 A.M.	06:30 A.M 07:30 A.M.	11:30 A.M 12:30 P.M.	9 - 10 A.M.
	YOGA	SPIN 12.20 DAA	CARDIO KICKBOXING		
	11:30 A.M 12:30 P.M.	11:45 P.M 12:30 P.M.	11:30 A.M 12:15 P.M.		
30	31	1	2	3	4
ZUMBA	SPIN	BOOTCAMP	SPIN	CIRCUIT	SPIN
11:30 A.M 12:30 P.M.	06:30 A.M 07:30 A.M.	11:00 A.M 11:30 A.M.	06:30 A.M 07:30 A.M.	11:30 A.M 12:30 P.M.	9 - 10 A.M.
	March Mayhem Workout	SPIN	ZUMBA		
	& Party	11:45 P.M 12:30 P.M.	11:30 A.M 12:30 P.M.		
	11:30 A.M 12:30 P.M.				



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.

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 cardivasualr, 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 energentic music. Choreography incorporates hip-hop, soca, samba, salsa, merengue, and mambo. Squats and lunges are also included.

Weight House Fitness Center 301-744-4661