

# MAY 2026

## NSF INDIAN HEAD GROUP FITNESS CLASSES

Monday	Tuesday	Wednesday	Thursday	Friday
				1 <b>Circuit Training</b> 5:30-6:30 PM
4 <b>Circuit Training</b> 5:30-6:30 PM	5	6 <b>H.I.I.T Class</b> 11:30 AM-12:30 PM <b>Core Workout</b> 5:30-6:30 PM	7	8 <b>Circuit Training</b> 5:30-6:30 PM
11 <b>Circuit Training</b> 5:30-6:30 PM <b>Max Push-up Competition Starts</b>	12	13 <b>H.I.I.T Class</b> 11:30 AM-12:30 PM <b>Core Workout</b> 5:30-6:30 PM	14	15 <b>Circuit Training</b> 5:30-6:30 PM <b>Football Combine Skills Competitions</b>
18 <b>Circuit Training</b> 5:30-6:30 PM	19	20 <b>H.I.I.T Class</b> 11:30 AM-12:30 PM <b>Core Workout</b> 5:30-6:30 PM	21 <b>Memorial Day 5K</b>	22 <b>Circuit Training</b> 5:30-6:30 PM
25 <b>Circuit Training</b> 5:30-6:30 PM	26	27 <b>H.I.I.T Class</b> 11:30 AM-12:30 PM <b>Core Workout</b> 5:30-6:30 PM	28	29 <b>Circuit Training</b> 5:30-6:30 PM