

# OCTOBER 2025

## NSF INDIAN HEAD GROUP FITNESS CLASSES

| Monday                                            | Tuesday                                          | Wednesday                                                                        | Thursday                                                        | Friday                                             |
|---------------------------------------------------|--------------------------------------------------|----------------------------------------------------------------------------------|-----------------------------------------------------------------|----------------------------------------------------|
|                                                   |                                                  | 1<br><b>Fit Ab Workout</b><br>11:30 AM-12:30 PM<br><b>Start of 500,1000,1500</b> | 2<br><b>Circuit</b><br>4:30 PM-5:30 PM                          | 3<br><b>Mini NOFFS Session</b><br>4:30 PM-5:30 PM  |
| 6<br><b>Dynamic Stretch</b><br>11:30 AM-12:30 PM  | 7<br><b>H.I.I.T Training</b><br>4:30 PM-5:30 PM  | 8<br><b>Fit Ab Workout</b><br>11:30 AM-12:30 PM                                  | 9<br><b>Circuit</b><br>4:30 PM-5:30 PM                          | 10<br><b>Mini NOFFS Session</b><br>4:30 PM-5:30 PM |
| 13<br><b>Dynamic Stretch</b><br>11:30 AM-12:30 PM | 14<br><b>H.I.I.T Training</b><br>4:30 PM-5:30 PM | 15<br><b>Fit Ab Workout</b><br>11:30 AM-12:30 PM                                 | 16<br><b>Circuit</b><br>4:30 PM-5:30 PM<br><b>Nautical Mile</b> | 17<br><b>Mini NOFFS Session</b><br>4:30 PM-5:30 PM |
| 20<br><b>Dynamic Stretch</b><br>11:30 AM-12:30 PM | 21<br><b>H.I.I.T Training</b><br>4:30 PM-5:30 PM | 22<br><b>Fit Ab Workout</b><br>11:30 AM-12:30 PM                                 | 23<br><b>Circuit</b><br>4:30 PM-5:30 PM                         | 24<br><b>Mini NOFFS Session</b><br>4:30 PM-5:30 PM |
| 27<br><b>Dynamic Stretch</b><br>11:30 AM-12:30 PM | 28<br><b>H.I.I.T Training</b><br>4:30 PM-5:30 PM | 29<br><b>Fit Ab Workout</b><br>11:30 AM-12:30 PM                                 | 30<br><b>Circuit</b><br>4:30 PM-5:30 PM<br><b>Spooky Run 5k</b> | 31<br><b>Mini NOFFS Session</b><br>4:30 PM-5:30 PM |