

JUNE 2026

NSF INDIAN HEAD GROUP FITNESS CLASSES

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2 H.I.I.T Class 11:30 AM-12:30 PM Core Workout 5:30-6:30 PM	3	4 Circuit Training 5:30-6:30 PM
7 Circuit Training 5:30-6:30 PM	8	9 H.I.I.T Class 11:30 AM-12:30 PM Core Workout 5:30-6:30 PM	10	11 Circuit Training 5:30-6:30 PM
14 Circuit Training 5:30-6:30 PM	15	16 H.I.I.T Class 11:30 AM-12:30 PM Core Workout 5:30-6:30 PM	17	18 Circuit Training 5:30-6:30 PM
21 Circuit Training 5:30-6:30 PM	22	23 H.I.I.T Class 11:30 AM-12:30 PM Core Workout 5:30-6:30 PM	24	25 Circuit Training 5:30-6:30 PM
26 Circuit Training 5:30-6:30 PM	27	28 H.I.I.T Class 11:30 AM-12:30 PM Core Workout 5:30-6:30 PM	29	30 Circuit Training 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