

NOVEMBER 2023

NSF INDIAN HEAD GROUP FITNESS CLASSES

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Circuit 11:30 A.M.-12:30 P.M. 4:30 P.M.-5:30 P.M.	2 Zumba 11:30 A.M.-12:30 P.M.	3 Circuit 6:30 A.M.-7:30 A.M. 11:30 A.M.-12:30 P.M.
6	7 Kettlebell 11:30 A.M.-12:30 P.M.	8 Circuit 11:30 A.M.-12:30 P.M. 4:30 P.M.-5:30 P.M.	9 Zumba 11:30 A.M.-12:30 P.M.	10
13	14 Core Strengthening 11:30 A.M.-12:30 P.M..	15 Circuit 11:30 A.M.-12:30 P.M. 4:30 P.M.-5:30 P.M.	16 Zumba 11:30 A.M.-12:30 P.M.	17 Circuit 6:30 A.M.-7:30 A.M. 11:30 A.M.-12:30 P.M.
20	21 Kettlebell 11:30 A.M.-12:30 P.M.	22 Circuit 11:30 A.M.-12:30 P.M. 4:30 P.M.-5:30 P.M.	23 Happy Thanksgiving	24 Circuit 6:30 A.M.-7:30 A.M. 11:30 A.M.-12:30 P.M.
27	28 Core Strengthening 11:30 A.M.-12:30 P.M.	29 Circuit 11:30 A.M.-12:30 P.M. 4:30 P.M.-5:30 P.M.	30 Zumba 11:30 A.M.-12:30 P.M.	

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.

Core Strengthening: Core training is the strengthening and conditioning of the core muscles surrounding the middle of the body—the abdomen, hips, pelvis, and lower back. These muscles support all physical activity.

Dynamic Stretch, Strength, and Breathing: Physical restoration and a calm mind are the goal. Mindful stretching and postures, coordinate with breath to unify our mind and body and create harmony while increasing our range of motion and overall strength.

Kettlebell: The Kettlebell class is an intense, ballistic workout that can meet your toughest fitness goals. It combines functional compound exercises such as swing, squats, and overhead presses that will work multiple muscle groups.

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.

Zumba: Exercise fitness program created by Columbian dancer 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.

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 A.M. - 9 P.M.

Saturday-Sunday: 8 A.M. - 4 P.M.

Holidays: 8 A.M. - 12 P.M.