

# APRIL 2026

## NSF INDIAN HEAD GROUP FITNESS CLASSES

Monday	Tuesday	Wednesday	Thursday	Friday
		1 <b>H.I.I.T Class</b> 11:30 AM-12:30 PM <b>Core Workout</b> 5:30-6:30 PM <b>Walk Across America Starts</b>	2 <b>Softball League Registration</b>	3 <b>Circuit Training</b> 5:30-6:30 PM
6 <b>Circuit Training</b> 5:30-6:30 PM	7 <b>Indoor Volleyball Tournament</b>	8 <b>H.I.I.T Class</b> 11:30 AM-12:30 PM <b>Core Workout</b> 5:30-6:30 PM	9 <b>10 Mile Bike Trail</b>	10 <b>Circuit Training</b> 5:30-6:30 PM
13 <b>Circuit Training</b> 5:30-6:30 PM <b>Max Rep Deadlift Competition Starts</b>	14 <b>Softball Season Starts</b>	15 <b>H.I.I.T Class</b> 11:30 AM-12:30 PM <b>Core Workout</b> 5:30-6:30 PM	16	17 <b>Circuit Training</b> 5:30-6:30 PM
20 <b>Circuit Training</b> 5:30-6:30 PM	21	22 <b>H.I.I.T Class</b> 11:30 AM-12:30 PM <b>Core Workout</b> 5:30-6:30 PM	23	24 <b>Circuit Training</b> 5:30-6:30 PM
27 <b>Circuit Training</b> 5:30-6:30 PM	28	29 <b>H.I.I.T Class</b> 11:30 AM-12:30 PM <b>Core Workout</b> 5:30-6:30 PM	30	