

“Fitness for You” August 2024 Virtual & In-Person

Fitness Descriptions: All levels are welcome!

Thursday, August 1st

12:15pm Total Body Towel Stretch with Charissa: Take stretching to new heights using a towel! An arm span length towel will be used to aid in lengthening muscles and increasing the traction of stretches. Stretches will be held for a minimum of 15 seconds to achieve full benefits. It's a class not to miss! A fitness mat will also be utilized.

Friday, August 2nd

6:00am Strength & Stability with Shannon: Be strong, be stable! This 30-minute class focuses on proper posture, alignment, and positioning of the body in space to correctly execute functional activities. Using light to heavy weights and a mat, participants will perform repetition-based exercises designed to strengthen the major and minor muscle groups. It's a total body workout!

12:00pm Balance Sculpt with Ashley: Perform all exercises while remaining upright, for a balance and sculpt challenge! Intervals of 45 seconds of work followed by 15-second recovery intervals will guide the class. Participants will need moderate to heavy dumbbells to achieve the maximum benefits of this workout experience! Get balanced!

Monday, August 5th

6:00am Yoga Strong with Shannon: Shake up the routine Yoga practice! This class incorporates light weights into a Vinyasa and Hatha flow of poses to increase health benefits amongst attendees. It's a total-body Yoga experience for all levels! A Yoga mat is suggested.

Tuesday, August 6th

12:15pm Barre Body with Charissa: Lengthen and strengthen the body with Barre fitness! Using a set of light hand weights or arm and/or leg weights, participants will perform exercises like the plié and relevé to achieve sculpted and lean muscles. Barre is a low-impact, high-intensity, ballet-inspired fitness format that challenges novice to seasoned participants. Expect to engage in repetitions of 8 for at least 2 cycles. A mat is suggested.

1:00pm Yoga for Athletes with Shannon (In-Person only Building 53): It's a Yoga class that keeps athletes in mind...body and spirit! Focusing on common muscle groups that are shortened and/or tight, this practice is geared toward increasing range of motion in movement and flexibility. A fusion of Hatha and Vinyasa, both novice and seasoned Yogis will find satisfaction in the flow. Bring a Yoga mat or one will be provided.

Wednesday, August 7th

12:00pm Tabata Bootcamp with Ashley: Achieve maximum health benefits in a minimal amount of time with Tabata! Tabata is high-intensity interval training that involves performing exercises in 20-second bursts of hard work followed by 10-second recovery cycles. This class will include core, strength & cardio rounds for a total body workout!

3:00pm Non-Sleep Deep Rest: Slowing Down to Create a Quiet and Still Place within You with Allison:

Enjoy the last of the long, hot summer days by slowing down with the quiet and sweet practice of non-sleep deep rest (NSDR). NSDR is rooted in the ancient tradition of yoga nidra ("nidra" meaning sleep) and combines mindful breathing and body scanning to bring oneself into an aware, yet deeply relaxed state. [Participation Link](#)

Thursday, August 8th

12:15pm Shoulder, Back, Hip & Hamstring Stretch with Charissa: Are muscles aching or bones close to breaking each day? Then this stretch class is for the taking! Grab a mat and prepare to spend 15-30 seconds lengthening muscles and rejuvenating tired joints! The focus will be on opening the shoulders and hips, decompressing the back, and stretching shortened hamstrings. It's a fulfilling experience not to miss! A mat is suggested.

Friday, August 9th

6:00am Stability Ball Strength with Shannon: Add a stability ball to the workout for an anti-gravity strength challenge! Using a 55cm to 75cm Swiss ball, participants will engage in various exercises that activate the major and minor muscle groups. This repetition-based class will also incorporate light to heavy hand weights and a mat for a total-body workout experience!

12:00pm Abs + Glutes + Loop Bands with Ashley: Strengthen and sculpt the abdominal and gluteal muscles with loop bands! Intervals of 45 seconds of work followed by 15-second recovery intervals are sure to fire up the major and minor muscle groups for a fat-burning fitness experience! This low-impact, high-intensity workout is available to all levels! Easy to difficult mini-bands and a mat are suggested.

Monday, August 12th

6:00am Body Weight HIIT with Shannon: Get with it ...HIIT! High-intensity interval training involves performing exercises designed to increase the heart rate in short, quick bursts followed by an even shorter recovery period. Using one's own body weight participants will perform exercises to challenge the major and minor muscle groups in cycles of 30 seconds of work followed by 10 seconds of recovery. Prepare to sweat! A mat is the only equipment needed.

Tuesday, August 13th

12:15pm Core on the Floor with Charissa: Be "core-ageous"! 30 minutes devoted to core conditioning packs a major punch! Participants need 1 light to moderate weight to increase the intensity of each exercise. Repetitions of 8 will guide the class. Commit and get fit! A mat will also be utilized.

1:00pm Cardio Treadmill/Bike Challenge with Charissa (In-Person only RKL II Rm. 220-B): It's an interval based cardio class! Whether sitting (on the bike), walking, or running, participants will increase the heart rate in short bursts with short recovery periods. Keep the body guessing while blasting calories in just 30 minutes!

Wednesday, August 14th

12:00pm Obliques Only with Ashley: Bring the heat to the obliques! With 45-second intervals of work followed by 15-second intervals of recovery, participants will be challenged to perform exercises designed to strengthen the oblique muscles. The obliques help to improve posture and support the back. Be prepared to work to exhaustion! 1 moderate to heavy hand weight and a mat will be utilized.

Thursday, August 15th

12:15pm Chair Stretch + Stability Ball with Charissa: Let's get stretched! Using a 45cm-75cm Swiss ball and a stationary chair, prepare to experience perpetual bliss for 30 minutes! Whether opening the hips, decompressing the spine, or relieving the shoulders, this class is sure to leave participants feeling relaxed and rejuvenated! Each stretch will be held for at least 15 seconds.

Friday, August 16th

6:00am Max Strength: Glutes & Hips with Shannon: Up for a challenge? Test endurance and strength with this 30-minute, high intensity glute and hip workout! The gluteal and hip muscles support the back and are integral to mobility. Using a mat and heavy weights, participants can expect to perform exercises in repetitions of 8. It's a challenge for seasoned fitness enthusiasts.

12:00pm Tabata Strength with Ashley: It's a muscle focused HIIT class! Ready to achieve fat oxidation for hours post-workout? High-intensity interval classes are designed to achieve maximal health benefits in a minimal amount of time. Intervals of 20 seconds of hard work followed by 10-second rest/recovery intervals are sure to challenge novice to seasoned participants. Moderate to heavy weights will be utilized. Get Tabata fit!

Monday, August 19th

6:00am Mobility Strength & Stretch with Shannon: Send off the summer with a fusion of strength and stretch! Remaining upright, participants can expect to execute exercises designed to strengthen the major and minor muscle groups for daily activities. A focus on proper posture and alignment will guide the class. This repetition-based class will utilize moderate to heavy hand weights and a mat. Start the week off feeling energized!

Tuesday, August 20th

12:15pm Stability Ball Conditioning with Charissa: Abandon the boring fitness routine! This Swiss ball workout will increase endurance and strength of the muscles and bones. In repetitions of 8, participants will engage in various exercises that are sure to challenge the total body! A 45cm-75cm stability ball and mat are suggested.

Wednesday, August 21st

12:00pm Transverse Abdominis with Ashley: Got low back fatigue after prolonged standing or walking? Then it's time to strengthen the low belly in support of the lumbar spine! For 45-second intervals of work followed by 15-second recovery intervals, participants will engage in various exercises that benefit and activate the transverse abdominis. A mat will be utilized.

Thursday, August 22nd

12:15pm Stretch for Back Relief with Charissa: Spinal compression? Cervical and/or lumbar aches and pains? Get relief with dynamic stretching fueled by controlled breathing! Stretching is recommended for at least 5 minutes a day. Get an extended stretch with this 30-minute class! Prepare to hold stretches for at least 15 seconds. A mat is suggested.

Friday, August 23rd

6:00am Yoga for Relaxation with Shannon: Close the week with this calming Yoga practice! Using a Yoga mat and block, participants will perform a minimal number of poses while focusing on breath control, alignment, and increasing the range of motion in each position. Go into the weekend feeling refreshed!

12:00pm Tabata Mobility 360 with Ashley: Remain upright while moving through this total-body Tabata experience! Attendees will execute core, cardio, and strength exercises in intervals of 20 seconds of hard work followed by 10-second recovery intervals. It's a calorie-blasting, fat-oxidizing workout not to miss! Moderate to heavy dumbbells are suggested.

Monday, August 26th

6:00am Balance & Strength with Shannon: Balanced and strong? Test mobility and strength with this 30-minute class challenge! Using a chair or balance bar and light to heavy weights, participants will activate the major and minor muscle groups while performing exercises on one limb in repetitions of 8. Learn proper posture and body mechanics that aid in maintaining balance and stability.

12:00pm Non-Sleep Deep Rest: Embracing the Opportunity to Cultivate Stillness with Allison: Enjoy the last of the long, hot summer days by slowing down with the quiet and sweet practice of non-sleep deep rest (NSDR). NSDR is rooted in the ancient tradition of yoga nidra ("nidra" meaning sleep), and combines mindful breathing and body scanning to bring oneself into an aware, yet deeply relaxed state.

[Participation Link.](#)

Tuesday, August 27th

12:15pm Barre Conditioning with Charissa: Elevate mundane fitness routines with Barre! Inspired by ballet, Barre involves performing exercises that strengthen and lengthen the muscles simultaneously. Look leaner and longer with Barre! A light set of hand weights and a mat is suggested.

1:00pm Hatha Yoga with Shannon (In-Person only Building 53): Perform poses for a longer duration to challenge endurance, mind-body connection, and breath control! Hatha Yoga is the oldest format of Yoga and involves all the major and minor muscle groups. Bring a Yoga mat or one will be provided.

1:00pm Cycle Challenge with Charissa (In-Person only RKL II Rm. 220-B): Let's take a ride! Participants are sure to sweat with this indoor cycling HIIT class...journeying various terrains! Whether hills or flat roads, head winds or jungle trails, prepare to reach aerobic and anaerobic thresholds! Only 30 minutes...it's time for revolutions!

Wednesday, August 28th

12:00pm Cardio + Abs with Ashley: Give the body the attention it deserves! Both cardiovascular exercise and abdominal strengthening will be highlighted during this 30-minute class. In intervals of 30 seconds of work followed by 10-second recovery cycles, prepare to work to exhaustion! A mat is suggested.

Thursday, August 29th

12:15pm Chair Stretch with Charissa: Just a stationary chair is needed to participate in this 30-minute, total-body stretch session! Feeling fatigued and/or irritable? Look no further! Participants will perform various stretches that are designed to lengthen shortened muscles and invigorate tired, achy joints. Don't just sit there...stretch something.

Friday, August 30th

6:00am Core Craze! with Shannon: Challenge the core...and more! Essentially the trunk, the limbs radiate from the core which is important to mobility and stability. Using light to heavy weights and a mat, participants will perform various exercises in intervals, to challenge the center. Don't be a bore, activate the core!

12:00pm Strength & Conditioning with Ashley: Get stronger and increase endurance! Strength training is important to bone health and conditioning is helpful for the heart. Using moderate to heavy dumbbells, attendees will activate the major and minor muscle groups through performance of various exercises. 30-second intervals of work followed by 10-second intervals of recovery will guide the class. Go into the weekend energized!