

Virtual “Fitness for You” Classes



August 2024 Facebook Live:

<https://www.facebook.com/pg/NihRwFitness/videos/>

| Date | Day | Time | Program | Trainer |
|------|-----------|-------------------|--|----------|
| 8-1 | Thursday | 12:15pm – 12:45pm | Total Body Stretch | Charissa |
| 8-2 | Friday | 6:00am – 6:30am | Strength & Stability | Shannon |
| 8-2 | Friday | 12:00pm – 12:30pm | Balance Sculpt | Ashley |
| 8-5 | Monday | 6:00am – 6:30am | Yoga Strong | Shannon |
| 8-6 | Tuesday | 12:15pm – 12:45pm | Barre Body | Charissa |
| 8-6 | Tuesday | 1:00pm – 1:30pm | Yoga for Athletes (In-Person Only Building 53) | Shannon |
| 8-7 | Wednesday | 12:00pm – 12:30pm | Tabata Bootcamp | Ashley |
| 8-7 | Wednesday | 3:00pm – 3:30pm | Non-Sleep Deep Rest: Slowing Down to Create a Quiet and Still Place within You Participation Link | Allison |
| 8-8 | Thursday | 12:15pm – 12:45pm | Shoulder, Back, and Hamstring Stretch | Charissa |
| 8-9 | Friday | 6:00am – 6:30am | Stability Ball Strength | Shannon |
| 8-9 | Friday | 12:00pm – 12:30pm | Abs + Glutes + Loop Bands | Ashley |
| 8-12 | Monday | 6:00am – 6:30am | Bodyweight HIIT | Shannon |
| 8-13 | Tuesday | 12:15pm – 12:45pm | Core on the Floor | Charissa |
| 8-13 | Tuesday | 1:00pm – 1:30pm | Cardio Treadmill/Bike Challenge (In-Person Only – RKL II Rm. 220-B) | Charissa |
| 8-14 | Wednesday | 12:00pm – 12:30pm | Obliques Only | Ashley |
| 8-15 | Thursday | 12:15pm – 12:45pm | Chair Stretch + Stability Ball | Charissa |
| 8-16 | Friday | 6:00am – 6:30am | Max Strength: Glutes & Hips | Shannon |
| 8-16 | Friday | 12:00pm – 12:30pm | Tabata Strength | Ashley |
| 8-19 | Monday | 6:00am – 6:30am | Mobility Strength & Stretch | Shannon |
| 8-20 | Tuesday | 12:15pm – 12:45pm | Stability Ball Conditioning | Charissa |
| 8-21 | Wednesday | 12:00pm – 12:30pm | Transverse Abdominis | Ashley |
| 8-22 | Thursday | 12:15pm – 12:45pm | Stretch for Back Relief | Charissa |
| 8-23 | Friday | 6:00am – 6:30am | Yoga for Relaxation | Shannon |
| 8-23 | Friday | 12:00pm – 12:30pm | Tabata Mobility 360 | Ashley |
| 8-26 | Monday | 6:00am – 6:30am | Balance & Strength | Shannon |
| 8-26 | Monday | 12:00pm – 12:30pm | Non-Sleep Deep Rest: Embracing the Opportunity to Cultivate Stillness Participation Link | Allison |
| 8-27 | Tuesday | 12:15pm – 12:45pm | Barre Conditioning | Charissa |
| 8-27 | Tuesday | 1:00pm – 1:30pm | Hatha Yoga (In-Person Only – Building 53) | Shannon |
| 8-27 | Thursday | 1:00pm – 1:30pm | Cycle Challenge (In-Person Only – RKL II Rm. 220-B) | Charissa |
| 8-28 | Wednesday | 12:00pm – 12:30pm | Cardio + Abs | Ashley |
| 8-29 | Thursday | 12:15pm – 12:45pm | Chair Stretch | Charissa |
| 8-30 | Friday | 6:00am – 6:30am | Core Craze | Shannon |
| 8-30 | Friday | 12:00pm – 12:30pm | Strength & Conditioning | Ashley |