

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

Descriptions: All levels are welcome!

Tuesday, April 1st

12:15pm Barre Sculpt with Charissa: Join us for Barre! A dual lengthening and strengthening class, it's the workout that promotes a longer and leaner look! Using a set of light weights, participants will engage in exercises for the total body, in repetitions of 8. A focus on posture and alignment will also be practiced. A mat is suggested; shoes are optional. All levels are welcome...don't miss it!

Wednesday, April 2nd

12:00pm Low-Impact Cardio with Ashley: Got cardio? Because the body is made to move, at least 30 minutes of consistent cardiovascular exercise is suggested daily. This low-impact, high intensity workout will consist of 30-second intervals of work followed by 10-second recovery intervals. Grab a fitness mat and join in!

Thursday, April 3rd

12:15pm Floor Stretch + Flow with Charissa: Got tightness, got pain? Meet on the floor and let's stretch! Techniques designed to decompress the back, and hamstrings will be performed amongst stretching other muscle groups. Breath control will be practiced increasing the effectiveness of each muscle and joint stretch. Commit and grab a fitness mat!

Friday, April 4th

6:00am Strong & Stable with Shannon: Be strong, be stable! Perform functional exercises with a focus on proper posture and alignment! Bone health is important to ease in daily movement and longevity. Commit to strength training to increase wellness of the bones! Participants will engage in repetition-based strengthening using light to heavy hand weights and a mat. It's a total body workout not to miss!

12:00pm Total Body Tabata with Ashley: Tune up the total body! Like a car, the body is made to move! Ignite the metabolism with continuous high intensity intervals of 20 seconds, followed by short, 10-second cycles of rest or recovery. Moderate to heavy dumbbells and a mat will be utilized.

Monday, April 7th

6:00am Body Weight HIIT with Shannon: It's all about body weight...no props! Using one's own body weight and a mat, participants will perform exercises in intervals of 30 seconds of work followed by 15-second cycles of recovery. It's an experience of self-discovery not to miss!

Tuesday, April 8th

12:15pm Treadmill Training with Charissa (In-Person Only) RKL II Rm. 220-B: Get fit...lets trek it! Achieve maximal fitness benefits in minimal time with interval training on the treadmill! Participants can expect a cardiovascular workout that will surely induce a sweat! Put on a comfortable cross-training shoe and commit!

1:00pm Ab Attack with Charissa: Abdominally strong? It's the ultimate test! For 4 cycles of 8 repetitions, prepare to move through low-impact, high-intensity abdominal exercises! The abs support the spine and can help prevent back pain. Because the abdominal muscles aid in mobility and stability, a strong center is integral to a strong body! Grab a mat and a set of light to moderate weights and join in!

Wednesday, April 9th

12:00pm Mobility Sculpt with Ashley: Be mobile, be strong! Morbidity has now been linked to mobility, as accidental falls are the 2nd leading cause of death globally! Move through strengthening exercises while remaining upright! In 45-second intervals of work followed by 15-second recovery cycles, prepare for 30-minutes of total body sculpting! Moderate to heavy hand weights suggested; all levels are welcome.

12:15pm Mat Pilates with Charissa (In-Person Only) Bldg.31 Rm. 1E04B: It's the ultimate mind-body connection! Pilates is designed to lengthen and strengthen the muscles with a focus on the center. Participants can expect to perform various exercises while executing control of the breath and body.

3:00pm Spring Forward and Boost Resilient: Non-Sleep Deep Rest with Allison: Celebrate the Spring sunshine and energize your body and mind by slowing down and boosting resilience with the 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, April 10th

12:15pm Towel Stretch for Back Relief with Charissa: Got back pain? Move through various stretches that are designed to help alleviate tightness and discomfort of the back. Most people experience back pain at some point in life. Whether from a car accident, improper posture, sporting repetition, etc., back pain is uncomfortable and inhibits or interferes with the ease of daily activities. Get coaching on exercises and how to move to minimize back injuries! A thin towel of arm-span length is suggested. A fitness mat will also be utilized.

Friday, April 11th

6:00am Maximum Strength: Back + Biceps with Shannon: It's the ultimate challenge for consistent lifters! Using heavy hand weights, participants will engage in strength training to exhaustion! Prepare for a low repetition, high-intensity workout designed just for advanced-level fitness enthusiasts! Not for novices! A mat is suggested.

8:00am Yoga Strong with Shannon (In-Person Only) Bldg.53: It's a non-traditional Yoga experience! Using a mat and light to moderate hand weights, participants will move through various Yoga poses for strength and flexibility. Repetition-based, breath control and mind-body connection will be incorporated into each posture. Get Yogi strong!

12:00pm Chair Tabata with Ashley: Tabata is beneficial whether standing or sitting! Using a stationary chair, participants will perform high-intensity strengthening exercises in 20-second intervals of work followed by 10-second rest/recovery intervals. Moderate to heavy dumbbells suggested as the design is to work to exhaustion. Physician's clearance advised.

Monday, April 14th

6:00am Spring Yoga with Shannon: Get energized and spring into it! This Hatha-based Yoga class is designed to increase flexibility and strength, for a limber and functional body. Participants will be coached through proper posture and alignment for each pose. A mat and Yoga block will be utilized.

8:00am Yoga Relax with Shannon (In-Person Only) Bldg.53: It's a restorative Yoga practice! Participants will move through no more than 5 Yoga poses that encourage calm and restoration of the body. It's a spiritual experience of mind and body connection! Participants are encouraged to bring a Yoga mat, though one will be provided if needed.

12:00pm Stretch & Yoga Restore with Shannon (In-Person Only) Bldg.31 Rm. 1E04B: Set the tone for the week! This restorative stretching and Yoga practice involves poses that encourage calm and relief for stressed muscles and joints. Prepare to move through each pose with a focus on mind and body connection.

Tuesday, April 15th

12:15pm Cycling Connections with Charissa (In-Person Only) RKL II Rm, 220-B: It's the high-intensity, low-impact workout for all weather conditions! Whether sand or hills, mud or head winds, participants will train for any situation! Learn proper posture and hand positioning for any ride and perform like a pro! Interval-based challenges will be implored. Grab a co-worker and join the revolution!

1:00pm Lower Body Sculpt on the Floor with Charissa: Get stronger...below the belt! Whether the hips- which include the gluteal muscles and inner and outer thighs- or the hamstrings, calves or feet, nothing will be left untouched during this low-impact, high-intensity experience! Exercises will be performed in repetitions of 16. Participants will need a set of light to moderate dumbbells and a mat.

Wednesday, April 16th

12:00pm Leg Sculpt + Loop Bands with Ashley: Go low and go high! Strengthen the lower body by strengthening the legs, with high-intensity intervals! 45-second intervals of work will be performed, followed by 15-second recovery cycles. Loop bands add resistance and challenge lower body weakness. Grab a mat and some loop bands and get busy!

Thursday, April 17th

12:15pm Hips + Heart Opening Stretch with Charissa: The hips and heart are integral to movement! This 30-minute class is designed to leave participants with less stress and more self-love! Using a fitness mat, participants will be guided through various stretches for the health of the whole body. It's for all levels...get hip to it!

Friday, April 18th

6:00am Balance & Strength with Shannon: Be balanced, be strong! Conditions like sciatica exist due to imbalance of the body. Using light weights and a balance bar or chair, participants can expect to engage in various exercises that are designed to strengthen the muscles and joints. Repetition-based, focus on symmetry for total body wellness!

12:00pm Mobility Compound Strength with Ashley: Got strength? Compound it! Participants can expect to perform exercises for multiple muscle groups simultaneously, while remaining upright. Using moderate to heavy dumbbells, 45-second intervals of work followed by 15-second recovery intervals will be executed. It's a total body workout not to miss!

Monday, April 21st

6:00am Core on the Floor with Shannon: Be "core"ageous! Commit to this core fitness workout! Using light to moderate hand weights and a mat, participants will move through repetition-based exercises that strengthen the trunk. It's a class for all levels...don't miss it!

Tuesday, April 22nd

1:00pm Upper Body Sculpt on the Floor with Charissa: Got upper body strength? Increase fitness above the belt through upper body strengthening! Using body weight and a mat, participants will perform exercises in 2 rounds of 8 repetitions. It's a low-impact, high-intensity workout not to miss!

Wednesday, April 23rd

12:00pm Tabata Bootcamp with Ashley: Give the body a fighting chance with Tabata! Designed to elicit maximal health and fitness benefits in a minimal amount of time, Tabata is the workout that has taken the world by storm! It involves 20-second intervals of hard work followed by 10-second cycles of recovery! This total body experience will leave participants panting for breath!

12:15pm Line Dancing with Charissa (In-Person Only) Bldg.31 Rm. 1E04B: Release stress and elicit positive endorphins! For a duration of 30 minutes, participants will learn and/or move through popular country and soul line dances. It's the fusion that unites! Invite a coworker and join the midday party!

3:00pm Recoup Your Energy: Non-Sleep Deep Rest with Allison: Celebrate the Spring sunshine and energize your body and mind by slowing down and boosting resilience with the 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, April 24th

1:00pm Pilates Play with Charissa: Get stronger, get longer! Pilates is a mind-body workout that integrates visuals, centering, oppositions, breath control, and other techniques to achieve a long, lean look! Grab a set of light weights and a mat to join in!

Friday, April 25th

6:00am Functional Fitness: Shoulders + Traps with Shannon: Train for daily activities! Healthy and strong shoulders and trapezius muscles are important to ease and flow of day-to-day movement. Whether reaching for something on top of the refrigerator or shelf, the deltoids and traps must be functional and move properly to avoid injury. Using light to heavy hand weights and a mat, participants will perform repetition-based sets for strength of the upper body. A focus on correct alignment and posture will be accentuated.

8:00am Yoga for Athletes with Shannon (In-Person Only) Bldg.53: It's the Yoga class for sports and fitness enthusiasts! Using a mat and body weight, participants will perform Yoga strengthening poses in sweat-inducing repetition! Participants are encouraged to bring a Yoga mat, though one can be provided if needed.

12:00pm Mini-Band Abs + Glutes with Ashley: No sagging, no bagging! Resistance bands aid in fighting fat as muscle strengthening promotes fat oxidation! Using light to strong loop bands and a mat, participants can expect to perform exercises in 30-second intervals of hard work followed by 10-second intervals of recovery.

Monday, April 28th

6:00am Max Strength: Quads + Hips with Shannon: Strengthen the quadriceps and the muscles of the hips including the abductors, the adductors, the hip flexors and hip extensors! Designed for advanced level lifters, heavy hand weights and a mat will be utilized to execute exercises to exhaustion. Repetition-based, this class is not for the faint!

Tuesday, April 29th

12:15pm Line Dancing with Charissa (In-Person Only) RKL II Rm.220-B: Release stress and elicit positive endorphins! For a duration of 30 minutes, participants will learn and/or move through popular country and soul line dances. It's the fusion that unites! Invite a coworker and join the midday party!

1:00pm Light Weights Sculpt with Charissa: Who needs heavy weights? This high-intensity, low impact class packs a strong punch! Using very light to light hand weights, participants will perform exercises that are designed to cause exhaustion, even with a light load! In 2 rounds of 8 repetitions, prepare for a calorie-blasting, fat-annihilating, total body experience!

Wednesday, April 30th

12:00pm Circuit 360 with Ashley: Get stronger and increase endurance with circuit training! This total body workout is just in time for Spring! In 45-second intervals of work, followed by 15-second recovery intervals, participants will engage in exercise rounds that increase major and minor muscle group strength. Don't wait until 2 weeks before Summer, get fit today! A mat and moderate to heavy dumbbells are suggested