

“Fitness for You” August 2025 Virtual & In-Person

Fitness Descriptions: All levels are welcome!

Monday, August 4th

6:00am Max Strength: Biceps, Triceps + Core with Shannon: Shock the body with heavy lifting! This repetition-based, high intensity class is designed to push participants to their limits while focusing on proper alignment and breath. Strengthen the bones and oxidize fat at rest! Grab heavy weights to join.

Tuesday, August 5th

12:15pm Flow Stretch with Charissa: Take a midday stretch break! Using a fitness mat, participants will move through a continuous flow of stretches with each movement corresponding to the breath. De-stress and get stretched! Stretching is recommended daily...commit to it!

1:00pm Treadmill Training with Charissa (In-Person Only) RKL II Rm. 220-B: Meet at the treadmill for a trot or stroll! Learn proper spatial positioning of the body when walking, jogging or running. Tap into proper breathing for health of the body and heart! Participants can expect to be challenged with various terrains and intensities. Grab a friend and join in!

Wednesday, August 6th

12:00pm Upright Tabata with Ashley: Get in the Tabata groove! Whether the desire is to lose (weight), strengthen the muscles and bones or to increase overall fitness, Tabata is the move! For a 20-second interval of hard work followed by a 10-second interval of recovery, participants engage in high-intensity strength exercises followed by a short rest period. The intervals are repeated for the same muscle group for at least 4 rounds. Moderate to heavy weight dumbbells will be utilized. Some strength training experience is suggested. Don't miss it!

Monday, August 11th

6:00am Yoga for Athletes with Shannon: It's a Yoga class designed for athletes! With a focus on muscle and joint range of motion, attendees will move through a Hatha-based practice involving twists, hip opening, spinal decompression and more! Connect the mind and the body! Grab a Yoga mat and join in.

1:00pm Functional Fun with Charissa (In-Person only) Bldg.53: Who says fitness can't be fun? For this class, participants will engage in functional exercises that are sure to get blood pumping and the calories a cutting! It's an all-levels class focusing on proper alignment and form for ease in performance of daily activities. Don't miss it!

Tuesday, August 12th

12:15pm Kickboxing 101 with Charissa (In-Person Only) RKL II Rm. 220-B: Kick it! Learn the proper technique for various hits and kits and execute! In repetitions of 8, participants will move through easy Kickboxing combos. It's a calorie-blasting, total body workout not to miss!

1:00pm Core on the Floor with Charissa: Whether supine, the side, prone or all four (limbs), this class is all about the core! Using a fitness mat, participants will perform various trunk exercises in repetitions of 8. The core is integral to movement. Be core-ific! A set of light to moderate dumbbells are suggested.

Wednesday, August 13th

8:00am Strength & Stretch with Shannon (In-Person Only) Bldg.53: Get stronger and stretched! Using light weights and a mat, participants will engage in various strength exercises and stretches for the total body. Prepare to move with the breath and increase joint and muscle range of motion. Tap in!

12:00pm Standing Cardio & Abs with Ashley: Get fit! Increase strength and endurance by joining this 30-minute, cardiovascular and abdominal workout! Each interval consists of 30 seconds of work, followed by 10 seconds of rest/recovery. From standing crunches to side bends, and jump lunges to jump squats, it's a calorie-blasting experience not to miss!

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 cool 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](#)

Monday, August 18th

6:00am Restorative Yoga: Be restored! This practice involves performing 5 poses, each with a focus on alignment, proper posture, and held for at least 3 cycles of breath or longer. Students will be coached on spatial awareness and breath control. A Yoga mat, strap and block are suggested.

12:15pm Mat Pilates with Charissa (In-Person Only) Bldg.31 Rm. 1E04B: Achieve a longer, leaner look with Pilates! Through mind body connections like visuals, oppositions, breath control and precision, participants gain fitness benefits and see positive changes in overall health. Grab a sticky mat, light hand weights and join this low-impact, high-intensity workout!

Tuesday, August 19th

12:15pm Tabata Strength + Sculpt with Charissa (In-Person Only) RKL II Rm. 220-B: Get maximal fat burning at rest with Tabata! Tabata induces maximal health and fitness benefits in a short amount of time. Using moderate to heavy hand weights, participants will perform strength training exercises in 20 second intervals of hard work followed by 10-second cycles of recovery for 4 rounds. Prepare to work to exhaustion! Equipment provided

1:00pm Chair Stretch with Charissa: Take a midday stretch! Using a stationary chair, guided by breath, move through muscle and joint relieving stretches! Prepare to transition into and out of the chair for a total body release! It's a decompressing, stretching experience for all levels! Join the stretch!

Wednesday, August 20th

8:00am Yoga 4 Athletes with Shannon (In-Person Only) Bldg.31 Rm. 1E04B: Gain valuable breathing and range of motion techniques with this unconventional Yoga practice- designed for athletes and fitness enthusiasts alike! Using a Yoga mat, participants will move through this Hatha-based class designed to connect the mind, body and spirit. Take your game higher!

12:00pm Compound Strength with Ashley: Increase muscle strength with compound lifting! Using a pair of moderate to heavy dumbbells, participants will perform weighted exercises in 45-second intervals of work followed by a 15-second cycle of recovery. Induce fat burn at rest! A mat is also suggested.

Monday, August 25th

6:00am Vinyasa Yoga with Shannon: Move and flow! Perform various Yoga asanas (poses) with continuous motion and awareness with a focus on connecting the mind and body. Participants will need a Yoga mat to join!

Tuesday, August 26th

12:15pm Ab Attack with Charissa (In-Person Only) RKL II Rm. 220-B: Get ab strong! The abdomen supports the back. By strengthening the abdominal muscles, back pain can be mitigated or eliminated! Participants should be prepared to work to exhaustion! Using light to moderate hand weights, repetitions of 8 will guide the class. Mats will be provided.

1:00pm Light Weights + Boxing with Charissa: Roll like a butterfly, sting like a bee! Get stronger and improve "cardio vascularly"! Prepare to perform various boxing techniques using very light hand weights of no more than 3 pounds. Whether an uppercut or a hook, learn to duck and jook!

Wednesday, August 27th

12:00pm Tabata Abs with Ashley: It's the ultimate abdominal workout! Tabata is a fitness workout that boasts maximal health benefits in a minimal amount of time. Participants will engage in 20-second bursts of exercise followed by a 10-second cycle of rest/recovery. Prepare to work to exhaustion! A mat is suggested.

12:15pm Line Dance with Charissa (In-Person Only) Bldg.31 Rm. 1E04B: Grapevine, hitch, and kick off a good time! Move to country, pop, and soul hits while blasting calories galore! Line Dance induces the release of positive endorphins and stimulates the brain and memory. It also encourages a sense of community! Bring an office mate and join the party!

3:00pm 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 cool 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](#)