

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

Fitness Descriptions: All levels are welcome!

Monday, December 2nd

6:00am Strength & Stretch with Shannon: Strengthen the bones and muscles and increase flexibility! This class is repetition-based and involves a combination of body weight strengthening exercises and stretching. Designed for all levels, modifications will be offered. A fitness mat to perform floor exercises on is suggested. Be strong, be limber! It's a class not to miss!

8:00am Yoga Relax with Shannon (In-Person Only Bldg.53): Bring a Yoga mat and relax! Practice breath control and mindfulness while moving through restorative Yoga poses! Yoga is a spiritual experience involving various postures that connect the mind, body and spirit. Start the day off with intention.

Tuesday, December 3rd

12:15pm Abs, Glutes + Back with Charissa: It's the ultimate trio! Sculpt and strengthen the ab, glute, and back muscles using moderate to heavy weights and a fitness mat. The abdominal and gluteal muscles support the back and are important to mobility and stability. Exercises will be performed in repetitions of 16. Commit to being fit!

1:00pm Trial Triathlon with Charissa (In-Person Only RKL II Rm. 220-B): Gear up for a calorie-blasting, fat-burning, 30-minute experience! Engage in 8 minutes of Cycling, 8 minutes of Treadmill training and 8 minutes of Swimming simulation exercises on the floor! A 3-minute warm up and a 3-minute cool down will open and close the class respectively. Don't miss it!

Wednesday, December 4th

12:00pm Mobility Tabata Cardio with Ashley: The body is made to move! Increase mobility by performing various cardio exercises while standing upright. Prepare to engage in 20-second repetitions of hard work followed by 10-second recovery intervals. Keep the heart strong and healthy with cardiovascular training! A mat is suggested.

3:00pm Non-Sleep Deep Rest: Taking Time to Slow Down with Allison: Allow yourself the gift of relaxation this holiday season by slowing down 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. We are offering two NSDR classes this month, on Wednesday, December 4th at 3:00pm and Wednesday, December 18th Mindful Moment (20 minutes) at 3:00pm. Both classes will be taught by Allison Rose, MHS, E-RYT500, Ayurveda Yoga and Fitness Specialist. [Participation Link](#)

Thursday, December 5th

12:15pm Slow Stretch & Flow with Charissa: Ease into the month with calming stretches performed with breath control. Participants will be guided through varying exercises designed to relieve tension and tightness in the body. Think oxygenation of the cells, organs, muscles, joints and tissues! De-stress and get rest! A mat is suggested.

Friday, December 6th

6:00am Yoga Strong with Shannon: It's not the average Yoga class! Prepare to move through Yoga asanas (poses) using hand weights! Repetition-based, this practice involves the mind, body, and spirit. A Yoga mat and light weights will be utilized.

12:00pm Standing Abs with Ashley: Perform abdominal exercises while upright! In intervals of 45 seconds of work followed by 15-second recovery intervals, prepare to engage in exercises like side bends, trunk twists and standing crunches! The abdominal muscles help to support the back and are important to mobility and stability. Grab 1 moderate to heavy dumbbell and join in!

Monday, December 9th

6:00am Core Intensive with Shannon: Got core strength? Take on the challenge! This all-levels class is suitable for novice to advanced fitness enthusiasts! Using a mat and light to heavy weights, participants will be guided through exercises that strengthen the trunk. With a focus on proper form and alignment, attendees will be better prepared to perform daily activities. Move more fluidly and gracefully!

Tuesday, December 10th

12:15pm Jazzy-cise Dance with Charissa: Grapevine, cha-cha and chasse across the room! For a duration of 30 minutes, participants will move through guided 8-count combinations that will increase cardiovascular health and overall mood! Get moving, get grooving!

1:00pm Core on the Floor with Charissa (In-Person Only RKL II Rm. 220-B): Get core strong! The limbs radiate from the core indicating the importance of the center. For intervals of 30 seconds of work follows by 10-second recovery cycles, attendees will engage in strengthening exercises for the trunk. A light set of weights and a moderate to heavy set of hand weights will also be utilized. Be "core"ageous!

Wednesday, December 11th

12:00pm 360 Circuit with Ashley: Go all the way! It's a total body workout not to miss! In 45-second intervals of work followed by 15-second recovery intervals, participants will perform strengthening exercises for the muscles and bones, cardiovascular exercises for heart health and abdominal exercises for mobility and stability. Moderate to heavy dumbbells and a mat will be utilized; some strength experience suggested.

Thursday, December 12th

12:15pm Sitting Towel Stretch with Charissa: Get stretched, get flexed! Grab an arm-span, thin towel, and a mat to join! Increase flexibility and traction in the stretch by incorporating a towel. Prepare to stretch the entire body!

Friday, December 13th

6:00am Body Weight HIIT with Shannon: Get with HIIT! High-intensity interval training is designed to induce maximal fitness results in a short amount of time. In 30-second bouts of hard work, followed by 10-second cycles of recovery, participants will perform exercises for the major and minor muscle groups using bodyweight. Expect squats, push-ups, lunges and more! A mat is suggested; all levels are welcome.

12:00pm Upright Abs + Cardio with Ashley: Get moving! This 30-minute class provides the recommended daily minimum amount of aerobic exercise along with abdominal strengthening! In intervals of 30 seconds of work followed by 10-second intervals of recovery, participants can expect to increase heart rate and overall health!

Monday, December 16th

6:00am Max Strength: Glutes, Abs, Hips with Shannon: It's a low-impact, high-intensity workout for seasoned lifters and fitness enthusiasts! This advanced class involves strength training for the major and minor muscles groups using heavy weights. Proper form and alignment will be coached to ensure maximal health benefits including fat oxidation at rest! Be strong! A mat is suggested.

8:00am Yoga 4 Athletes with Shannon (In-Person Only Bldg.53): This all-levels class is designed to increase flexibility and range of motion in the major and minor muscle groups. Participants will perform various poses (asanas) with instruction on proper posture and alignment. Bring a mat or one will be provided. Get Yogi strong!

Tuesday, December 17th

12:15pm Abs on the Floor with Charissa: Tighten and tone the abdominal muscles! Using a mat and light to moderate weights, participants will engage in various ab exercises for the transverse and rectus abdominis, the internal and external obliques and the pyramidalis. By strengthening the abdominals, participants increase support for the spine which aids in proper posture and daily functionality.

Wednesday, December 18th

12:00pm Compound Strength with Ashley: Compound it! Perform 2 exercises simultaneously using moderate to heavy dumbbells and a mat. Intervals of 45-seconds of work followed by 15-second recovery intervals will guide the class. Increase and/or maintain bone density with strength training! Some lifting experience is recommended.

3:00pm Mindful Moment: Allow Yourself the Gift of Relaxation with Allison: Allow yourself the gift of relaxation this holiday season by slowing down 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. We are offering two NSDR classes this month, on Wednesday, December 4th at 3:00pm and Wednesday, December 18th Mindful Moment (20 minutes) at 3:00pm. Both classes will be taught by Allison Rose, MHS, E-RYT500, Ayurveda Yoga and Fitness Specialist. [Participation Link](#)

Thursday, December 19th

12:15pm Chair Stretch with Charissa: Get a total body stretch in the chair! A stationary chair is suggested for this 30-minute class experience. Prepare to focus on breath control and proper alignment for a blissful experience!

Friday, December 20th

6:00am Mobility, Strength & Stretch with Shannon: Get it all in! Balance training, muscle and bone strengthening and stretching will be performed throughout this 30-minute class experience! Move through exercises in proper alignment and form with instructor coaching. Light hand weights and a mat will be utilized.

12:00pm Tabata Mobility Bootcamp with Ashley: Train like a soldier! Tabata is a high-intensity training workout that involves 20-second bouts of hard work followed by a 10-second recovery cycles. Using bodyweight, prepare to be challenged!

Monday, December 23rd

6:00am Yoga Relax with Shannon: Gracefully go into the holiday stress-free! This spiritual practice involves using a mat and a block(s) to perform various Yoga postures. Prepare to connect mind, body, and spirit for a transformative yet rejuvenating experience!

12:00pm Total Body Tabata with Ashley: Take it up a notch with Tabata...just in time for the holidays! Tabata is the high-intensity interval class that has taken the world by storm! Using moderate to heavy dumbbells, participants will explore various strength exercises designed to induce fat burn at rest. 20-second intervals of hard work followed by 10-second recovery intervals can be expected. Grab a mat and the weights and let's get busy!

Tuesday, December 24th

6:00am Bodyweight HIIT + Stretch with Charissa: As the year comes to a close, stay on your toes! Prepare to power through exercises performed in 30-second cycles of hard work followed by 10-second cycles of recovery. Stretches will follow immediately after each respective muscle group has been exhausted or is near exhaustion. It's the fat-torching class not to miss! A mat is suggested.

Thursday, December 26th

6:00am Post-Holiday Wall Stretch with Charissa: Keep calm; find a wall. Using the wall as a prop, participants will perform stretches that are designed to open the body and rejuvenate tired and achy muscles and joints. It's a recovery class not to miss! A mat will be utilized.

Friday, December 27th

6:00am Balance & Strength with Shannon: Ability to balance can be an indicator of longevity; strength training is important to bone and muscle maintenance! Using a stationary chair or balance bar, participants will be guided through proper posture and on how to move in space to increase productivity and ease of movement for daily activity. Prepare to work! Light to heavy weights will be utilized.

12:00pm Mini-Band Abs + Glutes with Ashley: Sculpt and strengthen the ab and glute muscles in support of the back for daily functional activities! Using moderate to strong loop bands, participants will perform exercises in bouts of 30 seconds of work followed by 10-second recovery periods. Grab a mat and prepare to burn fat!

Monday, December 30th

6:00am Frontal Plane Flex with Shannon: Focus Strengthen & stretch the frontal plane! The frontal plane is a vertical plane that divides the body into front and back halves. This repetition-based class will utilize light weights and a mat to perform exercises that mainly strengthen the side body. Close the year strong!

12:00pm Gliders with Ashley: Go, go power glider! Whether for cardio or strength training, gliders (or paper plates) can be used to increase resistance for a low-impact, high-intensity workout! In 30-second intervals of work followed by 10-second recovery intervals, participants will exert to exhaustion! It's a HIIT class not to miss! All levels are welcome.

Tuesday, December 31st

6:00am Pre-Year Pilates with Charissa: It's the ultimate strengthening and lengthening workout! Moving through various intensities of Pilates exercises, participants can expect a low-impact, high-intensity class experience! This class involves connecting the mind, body, and breath control to achieve maximal health benefits. Grab light weights and a mat and join in!