

“Fitness for You 2025 February Virtual & In-Person . Fitness Descriptions: All levels are welcome!

Monday, February 3rd

6:00am Yoga 4 Athletes with Shannon: It’s a non-traditional, Hatha-based Yoga class! Designed for athletes and seasoned fitness enthusiasts, this 30-minute practice aids in releasing muscular and joint stress that results from the physical demand of competitive sports and activities. A focus on increasing flexibility and overall mind and body awareness will be accentuated. A Yoga mat and block are recommended.

8:00am Yoga Relax with Shannon (In-Person Only) Building 53: Engage in this calming, restorative practice to start the week! A Hatha-based class, participants will perform poses designed to open the mind, body and spirit. Breath control will be incorporated into each posture for a fully invigorating experience! A Yoga mat is recommended.

Tuesday, February 4th

12:15pm ♥ Cardio Kickbox Basics with Charissa: Rev up aerobic capacity with hooks, jabs, and kicks! Learn authentic kickboxing while gaining defensive fighting techniques and a stronger heart! In repetitions of 8, participants can expect to move continuously...sure to induce a sweat! It’s a cardiovascular workout not to miss!

Wednesday, February 5th

12:00pm ♥ Health Cardio Tabata with Ashley: Put some heart into it! Tabata is the high-intensity workout that gleans maximal health benefits in a short amount of time! In intervals of 20 seconds of work followed by 10-second recovery periods, participants will perform various cardiovascular exercises for a total body fitness experience! A mat and one’s own bodyweight will be utilized.

3:00pm Open Your Heart and Soften into Stillness with the Practice of Non-Sleep Deep Rest with Allison: Celebrate the month of February (American Heart Health Month!) and boost the health of your heart by reducing stress and strengthening our body's innate relaxation response 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, February 6th

12:15pm Slow Flow Stretch with Charissa: Perform gentle stretches for the health of the major and minor muscle groups! Participants can expect to engage in controlled, deep breathing while moving through stretches to increase effectiveness and joint range of motion. Grab a fitness mat and join in!

Friday, February 7th

6:00am Stability Ball Core with Shannon: Feeling core-ageous? Look no further! Strengthen the core by performing trunk exercises in repetition of 8. This all-levels class utilizes a stability ball, light to heavy weights, and a mat. Don’t miss it!

12:00pm Total Body Strength +Mobility with Ashley: Be strong, be mobile! Prepare to perform strengthening exercises for the major and minor muscle groups in intervals of 45 seconds of work followed by a 15-second rest or recovery period. Strength training at least 3 times a week is recommended for the aging population. Grab moderate to heavy dumbbells and commit to getting fit! Some strength training is recommended.

Monday, February 10th

6:00am ♥ **Love HIIT! with Shannon:** The heart will smile with the benefits of high-intensity interval training! 30-second bursts of hard work followed by 10-second cycles of recovery will guide the class. Exercises to increase endurance and strength will be performed. A mat is suggested.

Tuesday, February 11th

12:15pm Light Weight ♥ **Cardio Conditioning with Charissa:** Who says light weight workouts don't induce a sweat? For two rounds of 8 repetitions, participants will sculpt and tone the total body! A set of light dumbbells and a mat is all that's needed! Don't miss it!

1:00pm Cycling ♥ **Circuit with Charissa (In-Person Only) RKL II Rm. 220-B:** It's time for a revolution! Ignite the cardiovascular system with indoor cycling! Participants will move through interval-based circuits of various terrains for a sweat-inducing, calorie-cutting workout experience! Put the pedal to the metal and let's ride!

Wednesday, February 12th

12:00pm Mini Bands: Abs + Glutes with Ashley: Grab a mat and some loop bands to join this low-impact, high-intensity workout! In 45-second intervals of work followed by 15-second recovery intervals, participants will engage in strengthening exercises for the abdominal and gluteal muscles.

Thursday, February 13th

12:15pm Chair + Ball Stretch with Charissa: Elevate, relax, and release with a stationary chair and resistance ball! Using a 12cm to 20cm Swiss ball, participants will move through various stretches that are designed to decompress, lengthen, and/or help relieve tired, achy joints and muscles. It's a record experience not to miss!

Friday, February 14th

6:00am Max Strength: Shoulders, Traps + Lats with Shannon: Who's going to shoulder it? A strong thoracic spine and shoulders are important to posture, confidence, and the ability to fluidly perform daily activities. Using a mat and light to heavy weights, participants will perform repetition-based strengthening exercises for the shoulders, trapezius, and latissimus dorsi. Whether pushing, pulling or overhead lifting, learn correct alignment and how to properly move in space.

8:00am Valentines Day Yoga with Shannon (In-Person Only) Building 53: Heart-opening postures do the body good! Participants will perform poses that encourage heart-opening and stimulate the muscles and joints for overall increased flexibility and muscle and joint range of motion. A Yoga mat is recommended.

12:00pm Mobility ♥ **Cardio: Low Impact with Ashley:** Get moving, get mobile! Participants will engage in cardiovascular exercises performed in 30-second intervals of hard work followed by 10-second recovery intervals. It's heart health month...make sure not to miss a beat! No equipment needed.

Tuesday, February 18th

12:15pm Hearty ♥ Cardio Dance Party with Charissa: So, you think you can dance? Well, put on those jazz shoes and get to stepping! Learn 8-count dance sequences organized into 32-count combinations. Heel-toe, hitch, and grapevine into oblivion!

Wednesday, February 19th

6:00am Mobility, Strength + Stretch w/ Shannon It's an all-levels, functional fitness class! For daily activity, bone health, posture and balance play a role in ease of movement. During this class, participants will receive instruction on body mechanics and how to properly align the body in space. Repetition-based, a fitness mat and light hand weights will be utilized. Be mobile and strong!

12:00pm ♥ Gliding! with Ashley: Tap into resistance and cardiovascular training with gliding! Using gliding discs or paper plates, participants will perform exercises in intervals of 30 seconds of work followed by 10-second cycles of recovery. A fitness mat is also suggested.

3:00pm Breathe and Relax into Stillness: Non-Sleep Deep Rest with Allison: Celebrate the month of February (American Heart Health Month!) and boost the health of your heart by reducing stress and strengthening our body's innate relaxation response 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, February 20th

12:15pm Floor Stretch with Charissa: If muscles are sore, meet us on the floor! This stretching session is designed to lengthen shortened and tight muscles, relieve achy joints, decompress the spine, and assist in alleviating general stress in the body. A fitness mat is suggested.

Friday, February 21st

6:00am Yoga Relax with Shannon: Get a little restoration and rejuvenation! Participants will perform poses (asanas) that focus on opening the body and decompressing the spine. It's a spiritual practice for the mind, body, and spirit. A Yoga mat and block suggested.

12:00pm Muscle-Focused Tabata with Ashley: Got strength? It's a Tabata class dedicated to strength training! Using moderate to heavy hand weights, participants will perform exercises designed to strengthen the major and minor muscle groups. 20-second intervals of hard work followed by 10-second intervals of recovery will be explored. Keep bones healthy and lift!

6:00am Balance & Strength with Shannon: Increasing overall strength and balance of the body is important to the daily demands of life. Using a stationary chair or balance bar and light to heavy weights, participants will move through various exercises for the health of the bones and muscles. This repetition-based class is for all levels. Get balanced and strong!

Tuesday, February 25th

12:15pm Barre + Pilates with Charissa: Lengthen and strengthen the body simultaneously! Key elements of Barre and Pilates include breath control, oppositions, and concentration, yielding noticeable and viable results when practiced regularly. Grab a set of light to moderate hand weights and a mat to join. Repetitions of 8 will be explored.

1:00pm ❤️ **Treadmill + Trunk with Charissa (In-Person Only) RKL II Rm. 200-B:** Get fit with treadmill and trunk training! The first 20 minutes of class will involve cardiovascular exercise on the treadmill followed by the final 10 minutes of class reserved for core work. Optimize time and health benefits with this 30-minute total body workout!

Wednesday, February 26th

12:00pm Oblique Obliteration with Ashley: Got back pain? Strengthening the obliques can reduce or eliminate back pain! Using a fitness mat, participants will perform abdominal exercises in 45-second intervals of work followed by 15-second recovery intervals. Improve posture and core strength!

Thursday, February 27th

12:15pm Towel Stretch with Charissa: Increase traction in each stretch with a towel! This class involves stretching the major and minor muscle groups using an arm-length, thin towel. Get some much-needed relief and rejuvenation! A fitness mat is suggested.

Friday, February 28th

6:00am Transverse Plane & Trunk w/ Shannon: Focus on strengthening & stretching along the transverse plane and trunk! Using light weights and a mat, participants will perform various exercises for the center that aid in proper posture for daily activities. Close the month out strong!

12:00pm Tabata ❤️ **Cardio, Strength + Mobility with Ashley:** Get on a good foot! Practice proper posture and alignment while performing cardiovascular and strength training exercises to aid in daily functional activities. Intervals of 20 seconds of hard work followed by 10-second recovery intervals will guide the class. Moderate to heavy dumbbells will be utilized.