

# **"Fitness for You" July 2025 Virtual & In-Person Fitness**

## **Descriptions: All levels are welcome!**

### **Tuesday, July 1<sup>st</sup>**

**6:00am Yoga for Athletes with Shannon:** Increase strength and flexibility, along with muscle and joint range of motion! Using one's own body weight, participants will engage in Hatha-based poses sequenced with athletes and fitness enthusiasts in mind! Breath control and correct alignment will be coached so that attendees receive maximal health benefits.

**12:15pm Bodyweight Sculpt with Charissa:** Tighten and tone with strength training using body weight! For 3 rounds of 8 repetitions, participants will perform exercises for the major and minor muscle groups. Prepare to work to exhaustion for maximal fat oxidation at rest! A mat is suggested.

**1:00pm Treadmill Hike with Charissa (In-Person Only) RKKL II Rm.220B:** Whether hills, a straight-away, or somewhere in-between, training for a trek is the name of the game! Participants will be coached in proper posture and breathing for low to high intensity terrains. Get on a good foot with this calorie-blasting treadmill workout! 30 minutes of steady cardiovascular exercise 3-5 times a week is suggested for adults. Commit to it!

### **Wednesday, July 2<sup>nd</sup>**

**12:00pm Tabata Balance Sculpt with Ashley:** Got balance? The inability to maintain balance on one foot for 20 seconds is linked to morbidity. This class focuses on balancing exercises, performed upright, for 20 seconds of hard work followed by a 10-second rest/recovery interval. A set of moderate to heavy hand weights and a mat are needed to join this class. It's a low-impact workout not to miss!

**1:00pm Functional Strength with Charissa (In-Person Only) Bldg.53:** Learn proper posture and alignment for daily activity! Using moderate to heavy hand weights and body weight, prepare to move through exercises that mimic daily movement. Repetitions of 8 for at least 2 rounds will guide the class.

### **Thursday, July 3<sup>rd</sup>**

**6:00am Summer Core with Shannon:** Get into the groove! Activate the core using body weight! Whether at the beach or in the backyard or on the deck, get core-ageous with trunk training! Repetition-based, participants will engage in exercises designed to strengthen the abdominals, back and hips. A mat will be utilized.

**12:15pm Breathe, Stretch + Flow with Charissa:** De-stress and flex! Join this 30-minute, total body stretch experience! Participants will flow and release muscle and joint tension from head to toe! A cadenced class guided by breath. A mat is suggested.

### **Monday, July 7<sup>th</sup>**

**6:00am Upright Strength with Ashley:** Start the week strong with strength training! Performed entirely while standing, exercises like squats, biceps curls, and lunges will be performed. Intervals of 45 seconds of work followed by 15 seconds of recovery will guide the class. Moderate to heavy weights and a mat are suggested.

**12:00pm Low-Impact Cardio with Ashley:** Get cardio fit! The body is made to move! For 30 minutes, participants will engage in exercises that are devoid of jumping but increase cardiovascular endurance! 30-second intervals of exertion followed by 10-second recovery intervals will guide the class. Don't miss it! A mat is suggested.

## **Tuesday, July 8<sup>th</sup>**

**12:15pm Abs on the Floor with Charissa (In-Person Only) RKL II Rm. 220B:** Increase abdominal strength! Using bodyweight, light to moderate weights, and a mat, participants will engage in a 30-second interval of work followed by a 10-second rest/recovery interval for at least 2 rounds. Prepare to activate the muscles of the rectus and transverse abdominis, pyramidalis, and internal and external obliques. The surrounding stabilizing muscles will also be engaged. Mats will be provided.

**1:00pm Kickbox Combos with Charissa:** Got aggression? Release it the healthy way! This 30-minute shadow-boxing and kickboxing class is not for the weak! From jabs to roundhouse kicks, and hooking to ducking, it's a calorie-blasting, total body workout not to miss! Involving 2-4 rounds of 8 repetitions, prepare to fight to exhaustion! No equipment needed.

## **Wednesday, July 9<sup>th</sup>**

**12:00pm Total Body Tabata with Ashley:** Get fit with HIIT! Tabata is a high-intensity interval training program that boasts maximal health and fitness results in a minimal amount of time. It involves a 20-second burst of hard work followed by a 10-second recovery cycle repeated for at least 4 rounds for the same muscle group. Grab a pair of moderate to heavy weight dumbbells and a mat to join this fat-blasting class!

**1:00pm Strength Circuit with Charissa (In-Person Only) Bldg.53:** Strength training is like a fountain of youth! Muscle helps to maintain bone density! Commit to 30 minutes of strength training for metabolic health and fat oxidation at rest! Using moderate to heavy hand weights and equipment, participants will move through a total body circuit. It's a lifting experience not to miss!

**3:00pm Non-Sleep Deep Rest: Create Calm and Cool Down with Allison:** Cool off and beat the summer heat with the calming and cooling 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, July 10<sup>th</sup>**

**1:00pm Swiss Ball Stretch with Charissa:** Experience bliss...with Swiss ball stretch! Using a 45cm to 75cm resistance ball (higher dimensions suggested for taller people and lower dimensions suggested for smaller), participants will move through various stretches with breath control, to rejuvenate the total body! Prepare to decompress the spine and increase range of motion for the major and minor muscle groups. A mat will also be utilized.

## **Friday, July 11<sup>th</sup>**

**6:00am Total Body Stretch on the Floor with Charissa:** Usher in rest and rejuvenation with stretching for the total body! This guided slow flow will involve fluid transitions, while increasing muscle and joint range of motion, for ease of daily movement and relief before the weekend! A mat is suggested.

**12:00pm Banded Thighs with Ashley:** Sculpt and tone the legs...specifically the abductors and adductors! For 45-second intervals of work, followed by 15-second recovery intervals, participants will move through exercises that increase strength of the inner and outer thighs. A mat and moderate to strong loop bands are needed to join. Tap in!

## **Monday, July 14<sup>th</sup>**

**6:00am Low-Impact Cardio + Abs class with Ashley:** Get the week started with cardiovascular and abdominal training! For intervals of 30 seconds of work followed by 10-second recovery intervals, participants will move through aerobic, endurance and strength exercises that are devoid of jumping. It's a calorie-slashing class with results designed to last! A mat is suggested.

### **Tuesday, July 15<sup>th</sup>**

**12:15pm Cycling Revolution with Charissa (In-Person Only) RKL II Rm. 220B:** It's indoor cycling for cardiovascular health! Join the ride as we traverse various terrains! From flat roads to the hills, expect all the feels! This low-impact, high-intensity ride involves intervals and timed challenges. Prepare to sweat!

**1:00pm Pilates Combos with Charissa:** Up the ante! By adding combos to Pilates sequences, participants will experience a new level of fitness! Pilates is a mind/body practice that boasts longer and leaner physiques in exchange for activation of key elements such as concentration, opposition, breath control, flow and precision. A mat is suggested.

### **Wednesday, July 16<sup>th</sup>**

**12:00pm Lower Abs with Ashley:** Decrease chances of back pain with abdominal strength! The abdominal muscles aid in supporting the spine. For 45-second intervals of work followed by 15-second intervals of recovery, participants will perform exercises that are designed to strengthen the lower abdomen. A mat is suggested.

**1:00pm Strong and Stable Circuit with Charissa (In-Person Only) Bldg.53:** Got stability? Got strength? Maintain healthy bones and posture with strength and alignment training. Learn how to properly move in space while activating breath control. Intervals of 30 seconds of work followed by 10-second cycles of recovery for at least 2 rounds will guide the class. Bring a friend and tap in!

### **Thursday, July 17<sup>th</sup>**

**1:00pm Towel Stretch with Charissa:** Increase muscle and joint range of motion by stretching with a towel! A thin towel that spans the length of both arms is needed for this class. Participants can expect to perform stretches that are designed to lengthen the muscles and soothe the joints. Guided by controlled breathing, it's a total body experience not to miss!

### **Friday, July 18<sup>th</sup>**

**6:00am Restorative Strength + Stretch with Charissa:** Boost energy and flexibility with restorative strengthening and stretching! Cadenced by controlled breath and fluidity, participants will perform exercises like abdominal side bends into side body stretches. Relieve tense and tired joints and muscles before the weekend! A mat will be utilized.

**12:00pm Compound Strength with Ashley:** Gain strength with compound lifting! Compound exercises involve the activation of multiple muscle groups at the same time. For a 45-second interval of work, participants will utilize a mat and a pair of moderate to heavy weight dumbbells, followed by a 15-second period of recovery. Go into the weekend strong!

### **Monday, July 21<sup>st</sup>**

**6:00am Strong & Stable with Shannon:** Be strong, be stable! Join this total-body strength training session involving the major and minor muscle groups! Using light to heavy weights and a mat, participants will perform repetition-based exercises while standing. Get moving to start the week! A mat is optional.

### **Tuesday, July 22<sup>nd</sup>**

**12:15pm Strength + Sculpt with Charissa (In-Person Only) RKL II Rm. 220B:** Promote bone health and oxidize fat at rest! Engage in strength training for the major and minor muscle groups in repetitions of 8 for 2 rounds. Light to heavy hand weights and a mat will be utilized and provided. Bring a friend and join in!

**1:00pm Abs, Glutes & Back with Charissa:** Muffin-tops, bagging and sagging be gone! Tighten and tone with strengthening exercises for the abdominal, gluteal and back muscles. For 4 rounds of 8 repetitions, prepare to work to exhaustion! Light to moderate hand weights and a mat will be utilized.

### Wednesday, July 23<sup>rd</sup>

**6:00am Yoga Calm with Shannon:** It's a practice dedicated to mind-body connection! Awareness and breath-control are essential to this 30-minute session. Using a Yoga mat, strap, and block, participants will engage in poses (asanas) that open the body and increase muscle and joint range of motion. Get Yogified!

**8:00am Core on the Floor with Shannon (In-Person Only) Bldg.53:** Grab light weights and a mat and join In! Attendees will be coached through various exercises that are designed to strengthen the trunk. Proper alignment and breathing will be implored. Invite a friend and join in!

**12:00pm Tabata Upper Body Strength + Mobility with Ashley:** Get all the benefits with Tabata! From circulatory to digestive, skeletal to muscular, high-intensity interval training is like a fountain of youth! Tabata involves performing an exercise for a 20-second burst of hard work, followed by a 10-second cycle of recovery, repeated for at least 4 rounds for the same muscle group. The goal is to work on exhaustion and anaerobic phase. Grab moderate to heavy dumbbells to join!

**3:00pm Non-Sleep Deep Rest: Slow Down and Refresh with Allison:** Cool off and beat the summer heat with the calming and cooling 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, July 24<sup>th</sup>

**1:00pm Floor Flow Stretch with Charissa:** Rejuvenate the muscles and joints with guided stretching and controlled breathing! Using a sticky mat, attendees will engage in lengthening and opening stretches for a total body experience. Common areas of stress and tension like the shoulders, back, and knees will be explored.

### Friday, July 25<sup>th</sup>

**6:00am Shoulders & Arms Sculpt with Shannon:** Tone the shoulders and arms with strength training! Repetition-based, participants can expect to perform exercises for the triceps, biceps, and anterior and posterior deltoids. It's a lifting workout not to miss! Light to heavy hand weights is suggested.

**12:00pm Tabata Lower Body Strength + Mobility with Ashley:** Get moving! With a focus on strength training, participants remain upright for the duration of class in performance of high-intensity interval exercises. A 20-second burst of hard work precedes the 10-second interval of rest/recovery, which is repeated for at least 4 rounds for the same muscle group. A pair of moderate to heavy hand weights are utilized to reach exhaustion and/or anaerobic phase.

### Monday, July 28<sup>th</sup>

**6:00am Balanced Body with Shannon:** A healthy body is a balanced body! Help to increase quality of life, longevity and functionality with balance training! Using a body bar and/or chair, and fitness mat, participants will engage in strengthening exercises to aid in postural health and stability. Repetition-based, this is a low-impact, total-body workout for all levels! Tap in!

### Tuesday, July 29<sup>th</sup>

**12:15pm Line Dance with Charissa (In-Person Only) RKL II Rm. 220B:** So, you think you can dance? Join the party and learn seasoned, new, and viral line dances of all fitness levels! Line dances typically involve 32-count repetitions to popular country, pop and soul songs. De-stress, have fun, and keep the brain strong with dance! Jazz shoes or comfortable boots welcome!

**1:00pm Ab Attack on the Floor with Charissa:** Get abdominally strong! From top to bottom, side to side, prepare to work the abs to exhaustion! In ladder-like repetitions of 8, participants will perform exercises with light to moderate hand weights, or with body weight. A fitness mat will also be utilized.

**Wednesday, July 30<sup>th</sup>**

**6:00am Max Strength Legs, Glutes + Hips with Shannon:** Step out of the comfort zone! Oxidize fat at rest by lifting, using heavy weights! Reception-based, participants will perform strength exercises to exhaustion or near exhaustion. The hips support the spine and aid in mobility and ease of movement. The gluteal muscles and legs are important to daily tasks and must remain strong! Increase stability and commit to this lower body workout! For advanced and seasoned fitness enthusiasts only.

**8:00am Core on the Floor with Shannon (In-Person Only) Bldg.53:** Grab light weights and a mat and join In! Attendees will be coached through various exercises that are designed to strengthen the trunk. Proper alignment and breathing will be implored. Invite a friend and join in!

**12:00pm Standing Abs with Ashley:** Get up and get ab strong! Participants will perform all exercises while upright, using moderate to heavy hand weights. A 45-second interval of exertion will precede a 15-second recovery phase, which is repeated for at least 2 rounds. It's an ab-packed workout not to miss!

**Thursday, July 31<sup>st</sup>**

**12:15pm Stretch for Back Relief with Charissa:** Experiencing back discomfort? According to the National Institute of Arthritis and Musculoskeletal and Skin Diseases, back pain is one of the most common medical problems in the US. This class is designed to mitigate and/or relieve tension in the back. With breath control and slowly cadenced transitions, participants will move through various stretches to lengthen surrounding muscles and decompress the spine. A mat will be utilized.