

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

Descriptions: All levels are welcome!

Monday, June 2nd

6:00am Functional Fitness - Focus: Knee Safety with Shannon: Get functionally fit! Learn proper form and alignment to perform daily activities like squatting, lunging and lifting. Using light to heavy weights and a mat, participants will engage in repetition-based strength exercises to benefit the knees and surrounding muscles. Commit to this!

1:00pm Treadmill Trek with Charissa (In-Person Only) RKL II Rm, 220-B: Go the distance with treadmill training! Learn proper alignment spatially for walking, jogging and hiking while challenging the cardiovascular system! This 30-minute class crushes calories and the recommended amount of cardio needed for the day. First come, first served!

Tuesday, June 3rd

12:15pm Total Body Sculpt with Charissa: Muscle oxidizes fat! Get toned with strength training! Using light to heavy weights, participants will perform exercises in repetitions of 8. A class designed to supercharge fat loss, prepare to work to exhaustion! A mat will also be utilized. Don't miss it!

Wednesday, June 4th

8:00am Core on the Floor with Shannon (In-Person Only) Building 53: Be core-ageous! Exercise is like a fountain of youth! For repetitions of 8, participants will utilize a mat and hand weights to perform exercises designed to strengthen and sculpt the trunk. The core is integral to movement and should be challenged! Bring a mat (or one will be provided) and tap in!

12:00pm Tabata Bootcamp with Ashley: Got strength? Tabata is high-intensity interval training that delivers maximal health and fitness benefits in a minimal amount of time. Participants will perform each exercise in a 20-second interval of hard work followed by a 10-second recovery interval. Typically, for an abridged class, fewer rounds are involved but the reward is still great! Reach wellness goals with Tabata! A mat is the only equipment needed.

Thursday, June 5th

1:00pm Total Body Stretch with Charissa: Rejuvenate and restore the muscles and joints! Using a fitness mat, participants can expect to perform stretches that are designed to enhance the flexibility and mobility of muscles and joints for daily activity. Whether tightness, pain or general discomfort, stretching can help! Grab a mat and join in!

Friday, June 6th

6:00am Summer Strength with Shannon: Release toxins and shed unwanted pounds! Strength training induces fat oxidation for up to 72 hours after a workout! Using moderate to heavy weights, participants will be guided through repetition-based exercises designed to strengthen the major and minor muscle groups. It's a transformative experience for all fitness levels. A mat is suggested. Don't delay, get sculpted today!

12:00pm Tabata Mobility + Sculpt with Ashley: Tap into balance training! While upright, participants will engage in 20-second intervals of work followed by 10-second cycles of recovery. The ability to balance for at least 20 seconds without falling is a sign of physical activity readiness. Get fit and balance it! A mat and a pair of moderate to heavy weight dumbbells will be utilized.

Monday, June 9th

6:00am Yoga Strong with Shannon: It's a fusion of Yoga and strength training! This non-traditional practice involves adding light to heavy weights to Hatha-based asanas (poses). With a focus on proper posture and alignment in each pose along with breath control, students find spatial awareness and connect the mind, body, and spirit. A Yoga mat is suggested.

Tuesday, June 10th

12:15pm Obstacle Course with Charissa (In-Person Only) RKL II Rm. 220-B: It's a challenge of endurance and grit! Move through a basic obstacle course designed to push participants to exhaustion. This fat-blasting, calorie-smashing class is just in time for Summer! Fitness wear and tennis shoes are suggested to join.

1:00pm Abs + Glutes with Charissa: Get sculpted and strong, front to back!

Both the abdominal and gluteal muscles support the spine. Using very light hand weights and a mat, participants will perform exercises in repetitions of 8 for 2 rounds. Prepare to work to exhaustion!

Wednesday, June 11th

12:00pm Low- Impact Cardio + Abs with Ashley: Improve cardiovascular health and abdominal strength! For intervals of 30 seconds of work followed by 10-second recovery intervals, participants will engage in various exercises that increase endurance of the heart and abdomen. Tap in! A fitness mat is suggested.

1:00pm Functional Training with Charissa (In-Person Only) Building 53: Injured the back from gardening? Knee pain from household lifting? Learn proper form and alignment for daily activities! This rigorous, low-impact, 30-minute class provides coaching on how to move in space in response to the demands of life. Instructions on breath control will also be explored. Don't miss it!

3:00pm Non-Sleep Deep Rest – Slowing Down with Allison: Summer Solstice is just around the corner, marking the halfway point for 2025! As the days grow longer, we often find ourselves busier than ever with work deadlines, graduations, and summer vacation plans. As the summer heat brews, take some time to slow down and catch your breath 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, June 12th

1:00pm Swiss Ball + Wall Stretch with Charissa: Experience stretching bliss! Increase muscle and joint range of motion and traction in each stretch by using a 35cm-75cm resistance ball and a wall! Guided by controlled breathing and a focus on proper alignment and posture, participants are sure to leave feeling rejuvenated! A fitness mat is suggested.

Friday, June 13th

9:00am Core Training on the Floor with Shannon: Strengthen the core...on the floor! Using bodyweight and a mat, participants will engage in repetition-based exercises designed to tighten and tone the trunk. Performing core exercises on the floor provides a greater opportunity for all fitness levels to join, the solid foundation promotes proper form and alignment, and the body is less dependent on other muscles groups to overcompensate where weakness exists. Be core-ageous! Take the core challenge!

12:00pm Mini-Band Abs & Glutes with Ashley: Grab moderate to difficult loop bands to join this abdominal and gluteal challenge! Each exercise will involve a 45-second interval of work followed by a 15-second interval of recovery. While using a band is optional, the added resistance increases workout intensity, resulting in greater fat oxidation! A fitness mat is suggested.

Monday, June 16th

6:00am Strong & Stable with Shannon: When the body is strong and stable, quality of life increases! Improve overall health with strength training and learning how to properly move in space. Participants will be coached on correct posture and alignment while using moderate to heavy hand weights to engage in repetition-based stability exercises. Start the week off with motivation! A mat is suggested.

12:15pm Circuit Challenge with Charissa (In-Person Only) Building 53: Move through a high-intensity interval circuit that is sure to induce a sweat! For intervals of 30 seconds, followed by 15-second cycles of recovery, participants will engage in strength, cardiovascular and core exercises for a total body workout experience! Commit to being fit!

Tuesday, June 17th

12:15pm Flow Stretch with Charissa (In-Person Only) RKL II Rm. 220-B: Fluidly move through various stretches for total body stress relief! Attendees can expect gentle stretching performed in a slow flow, guided by breath control and proper positioning in space. Improve flexibility, muscle and joint range of motion, and overall health with this 30-minute experience! Feel free to bring a mat.

1:00pm Core on the Floor with Charissa: Get centered! The core or trunk is the center of the body. By strengthening the core, the whole being benefits! Using bodyweight and light hand weights, participants will move through various exercises performed for 2 rounds of 8. Prepare to work to exhaustion! A fitness mat is suggested.

Wednesday, June 18th

8:00am Yoga 4 Athletes with Shannon (In-Person Only) Building 53: 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. No Yoga experience necessary.

Total Body Tabata with Ashley: Train to achieve results! High-intensity exertion in repeated intervals with minimal recovery time yields improved health and fitness. Participants will perform exercises in 20-second bursts of hard work, followed by 10-second cycles of recovery. A mat and a pair of moderate to heavy weight dumbbells are needed for this class.

Friday, June 20th

6:00am Yoga for Athletes with Shannon: It's an unconventional Yoga practice for fitness enthusiasts and athletes alike! Improve flexibility and muscle and joints range of motion for better performance and overall health! Using a Yoga mat, strap, and Yoga block, prepare to engage in asanas (poses) that connect the mind, body and spirit. Get Yogified!

12:00pm Transverse + Rectus Abdominis with Ashley: Got abdominal strength? Strong abdominal muscles help to encourage proper posture, aid in supporting the spine and can help to eliminate back pain. For 45 seconds of work followed by a 15-second recovery interval, participants will perform exercises that strengthen the abs. The only equipment needed to join is a fitness mat!

Monday, June 23rd

6:00am Lower Body Build with Shannon: Build bones that stand the test of time! This repetition-based strength class involves using light to heavy dumbbells to perform exercises for the glutes, hips, legs and feet. The instructor will focus on proper form and alignment of the lower body spatially, which will improve quality of life and reduce injuries. Commit to being fit!

Tuesday, June 24th

12:15pm Indoor Cycling with Charissa (In-Person Only) RKL II Rm. 220-B: It's the low-impact, high-intensity workout that crushes fitness goals and calories! Whether hills, flat roads or somewhere in-between, there's no terrain that will be unseen! This ride will surely induce a sweat!

1:00pm Upper Body Sculpt with Charissa: Redefine the upper body! Using light to heavy weights, attendees will activate the muscles of the neck, shoulders, chest, back and abdomen. Exercises that lengthen and strengthen the upper body will be performed! It's a sculpting experience not to miss! A mat is suggested. All levels are welcome.

Wednesday, June 25th

12:00pm 360 Circuit with Ashley: It's time for a revolution! This circuit workout involves performing strength exercises for 45 seconds of work followed by 15-second cycles of recovery. Using a mat and a pair of moderate to heavy weight dumbbells, participants will engage all the major and minor muscle groups for a total body experience! Get with it!

12:15pm Circuit 360 with Charissa (In-Person Only) Building 53: Activate the major and minor muscle groups with this total body workout! Using body weight, machines and other props, participants will move through exercises in 60-second intervals, designed to strengthen and tone from head to toe! Attendees should come prepared to sweat!

3:00pm Non-Sleep Deep Rest – Create Stillness to Breathe More Fully with Allison: Summer Solstice is just around the corner, marking the halfway point for 2025! As the days grow longer, we often find ourselves busier than ever with work deadlines, graduations, and summer vacation plans. As the summer heat brews, take some time to slow down and catch your breath 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, June 26th

1:00pm Chair + Ball Stretch with Charissa: It's the stretch experience that rejuvenates the body! Using a 55cm to 75cm resistance ball, participants will engage in soothing stretches to relieve tension and stress in the muscles and joints. A stationary chair and Swiss ball are recommended to achieve maximal benefits of the class. This all-levels class is one not to miss!

Friday, June 27th

6:00am Balanced Body with Shannon: The ability to maintain balance is a sign of physical activity readiness! Simply put, if one cannot balance, one is not fit. Using a body bar or chair and a mat, attendees will move through exercises that challenge the body's stability and mobility. It's a low-impact, repetition-based class for all levels! Get on a good foot!

12:00pm Muscle-Focused Tabata with Ashley: Oxidize fat at rest! The high-intensity, 20-second bursts of hard work known to Tabata, followed by the 10-second cycles of recovery, boast maximal health benefits in a short amount of time. Using a pair of moderate to heavy dumbbells, participants can expect to perform exercises in succession for at least 4 rounds. Go into the weekend strong!

Monday, June 30th

6:00am Yoga Flow with Shannon: Ease into the work week with a slow, breath-fueled Vinyasa practice. Using a Yoga block and mat, participants will move through various asanas (poses) that are designed to connect the mind, body and spirit. Prepare to open the body while increasing flexibility and joint and muscle range of motion.