

# "Fitness for You" May 2025 Virtual & In-Person Fitness

## Descriptions: All levels are welcome!

### Thursday, May 1<sup>st</sup>

**1:00pm Total Body Stretch on the Floor with Charissa:** Snap, crackle, pop? Anytime the body sounds like this, it's important to do daily tune-ups! For 30 minutes, participants will move through midday stretching for the major and minor muscle groups. Rejuvenate and invigorate from head to toe! A mat is suggested.

### Friday, May 2<sup>nd</sup>

**6:00am Functional Fitness | Focus: Shoulder Safety with Shannon:** The shoulders are a common area of injury due to postural misalignment coupled with daily activity. This class will focus on proper alignment for functional movement that involves the shoulders. Repetition based, light to heavy hand weights and a mat will be utilized. Be prepared to shoulder it!

**12:00pm Total Body Conditioning with Ashley:** Take charge! Commit to conditioning the total body with 45-second intervals of work followed by 15-second recovery intervals. A low impact, high intensity workout, participants will focus on strength training, using a mat and a pair of moderate to heavy weight dumbbells. It's a fat blasting workout not to miss!

### Monday, May 5<sup>th</sup>

**6:00am Cinco De Mayo Strength with Shannon:** Stay lifted! The National Institute on Aging has found that strength training maintains muscle mass, improves mobility, and increases the healthy years of life. Using moderate to heavy hand weights and a mat, participants will perform repetition-based strength exercises for the major and minor muscle groups. Oxidize fat while eating queso!

### Tuesday, May 6<sup>th</sup>

**12:15pm Kickbox with Charissa:** Got kicks?! Learn proper execution and alignment for performance of Kickboxing hits and kicks. In repetitions of 8, participants will engage in various offensive and defensive combinations that will surely increase confidence and increase the ability to defend oneself against violent attacks. It's a calorie-blasting workout for all levels! Don't miss it!

**1:00pm Treadmill & Elliptical Training with Charissa (In-Person Only) RKL II Rm 220-B:** Be heart healthy! The NIH generally recommends adults to engage in cardiovascular training at least 3-5 days a week. This 30-minute workout will focus on proper posture, foot position and intensity for success. First come, first served.

### Wednesday, May 7<sup>th</sup>

**8:00am Spring HIIT with Shannon:** Get energized with high-intensity interval training! Whether body weight or free weights, adding load increases power! For intervals of 30 seconds of work followed by 10-second cycles of recovery, participants will move through exercises designed to strengthen the major and minor muscles groups. Bring a mat or one will be provided.

**12:00pm Yoga Relax with Shannon (In-Person Only) Bldg.31 Rm. 1E04B:** Increase Yoga intensity with hand weights! While unconventional, Yoga Strong connects mind, body and spirit through poses, breathing and awareness. The instructor will guide pupils through various asanas (poses) whilst incorporating dumbbells for strengthening. A Yoga mat will be provided or bring one!

**3:00pm Non-Sleep Deep Rest- Embrace the Sweetness of Stillness with Allison:** Celebrate the month of May by slowing down and embracing the sweetness of stillness 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, May 8<sup>th</sup>**

**12:15pm Mat Pilates with Charissa (In-Person Only) Bldg31 Rm 1E04A:** Lengthen and strengthen the body simultaneously! Pilates is a discipline that connects the mind and body to achieve the desired results. Using a sticky mat and bodyweight, participants will flow through classical exercises with contemporary variations. With consistency, concentration, and proper execution, prepare to unveil a longer and leaner physique!

**1:00pm Stretch for Pain Relief with Charissa:** Got pain? There is a stretch to gain! Performed on the floor, participants will move through various stretches, with a focus on common areas of painlike shoulders, hips, hamstrings, knees, feet, and back. For a duration of at least 15 seconds, participants will engage in a flow, from stretch to stretch, practicing breath control. Designed to calm and de-stress the body, it's a rejuvenating experience not to miss! A fitness mat is suggested.

**Friday, May 9<sup>th</sup>**

**6:00am Yoga Strong with Shannon:** It's a non-traditional Yoga class using weights! Yoga is a spiritual practice that connects mind, body and spirit. This class incorporates strength training into poses (asanas) while maintaining controlled breaths (pranayama). Light to heavy hand weights and a mat suggested. Be Yogi strong!

**12:00pm Upright Abs with Ashley:** 6-pack anyone? It's that time of year! Whether outdoors or in, when the sun gets hot, don't fear! For 45-second intervals of work followed by 15-second recovery intervals, participants will perform abdominal exercises using a moderate to heavy hand weight or bodyweight. Get ab strong!

**Monday, May 12<sup>th</sup>**

**6:00am Core + Bender Ball with Shannon:** Increase core strength! The core is integral to movement and includes the hips, glutes, back, and abs. Using a Bender ball, dumbbells, and a mat, participants will engage in repetition-based exercises that are designed to strengthen trunk. Be core-ageous!

**Tuesday, May 13<sup>th</sup>**

**Ab Attack with Charissa (In-Person Only) RKL II Rm 220-B:** Help to "ab" solve back pain with abdominal strengthening! Using a fitness mat and a set of light to moderate hand weights, participants will perform exercises in intervals of 30 seconds of exertion followed by 10-second cycles of recovery. Expect to work to exhaustion!

**1:00pm Swiss Ball Conditioning with Charissa:** How many ways can one get in shape using a resistance ball? This total body workout will surely increase the heart rate for caloric burn! In repetitions of 8, participants will perform various cardiovascular and strength exercises using the Swiss ball. A mat will be utilized. It's a class not to miss!

#### Wednesday, May 14<sup>th</sup>

**12:00pm Tabata Cardio with Ashley:** Get in shape fast with Tabata! Tabata is the high-intensity workout that yields maximal health and fitness benefits in a minimal amount of time. Intervals consist of 20 seconds of hard work followed by 10 seconds of recovery. It's a fat-blasting, calorie-burning experience for all levels! A mat will be utilized. It's officially Spring so jump in!

**12:15pm Bodyweight Barre with Charissa (In-Person Only) Bldg.31 Rm.1E04B:** Sync mind, body and spirit during this Hatha/Vinyasa fusion experience! Participants can expect to focus on common areas of tightness like the hips, shoulders and hamstrings, which are important to movement and daily activity. Bring a Yoga mat or one will be provided.

#### Thursday, May 15<sup>th</sup>

**Yoga Strong with Shannon (In-Person Only) Bldg. 53:** Increase Yoga intensity with hand weights! While unconventional, Yoga Strong connects mind, body and spirit through poses, breathing and awareness. The instructor will guide pupils through various asanas (poses) whilst incorporating dumbbells for strengthening. A Yoga mat will be provided or bring one.

**1:00pm Towel Stretch with Charissa:** Let's get stretched! Stretching daily is important to maintaining fluidity of movement for daily activities. Using a thin towel that spans the length of both arms, participants will perform stretches for the total body. Expect to walk away feeling relaxed and restored! A mat will be utilized.

#### Friday, May 16<sup>th</sup>

**6:00am Spring Training: Strength + Stretch with Shannon:** Spring into action! Increase fat and caloric burn! For intervals of 60 seconds of work, participants will perform strength exercises in succession followed by stretching of the same muscle group. Light to heavy hand weights and a mat are needed.

**12:00pm Glutes + Abs + Gliders with Ashley:** Don't sit, get fit! This midday class is designed to get desk dwellers moving! For 30 seconds of work followed by a 10-second recovery, participants will engage in various exercises using a mat and a pair of gliders or paper plates. Maximize time and caloric expenditure with high-intensity interval training! It's a low-impact class for all fitness levels...don't miss it!

#### Monday, May 19<sup>th</sup>

**6:00am Yoga for Athletes with Shannon:** Shake up the mundane Yoga routine! Designed with athletes and fitness enthusiasts in mind, this class helps to increase flexibility, strength and recovery. Proper alignment and posture will be coached along with breath control. Grab a Yoga mat and Yoga blocks to join

### **Tuesday, May 20<sup>th</sup>**

**Line Dancing with Charissa (In-Person Only) RKL II Rm 220-B:** Get on a good foot! From country line dance to soul line dance, prepare to stomp boots on the ground! Learn some of the latest line dance trends and reconnect to the tried and true! Line dance releases positive endorphins while keeping the brain sharp and improving reaction time! Feel free to bring a fan and wear your favorite dancing shoes!

**1:00pm Line Dance with Charissa:** Get on a good foot! It's the craze going viral...the Line Dance Party! Hitch, turn and cha cha to your heart's desire! Whether 8-count, 16-count, 24 or 32, participants will be moving nonstop. Both country and soul line dances will be performed. No dance experience necessary.

### **Wednesday, May 21<sup>st</sup>**

**12:00pm Yoga for Athletes with Shannon (n-Person Only) Bldg.31 Rm. 1E04B:** Sync mind, body and spirit during this Hatha/Vinyasa fusion experience! Participants can expect to focus on common areas of tightness like the hips, shoulders and hamstrings, which are important to movement and daily activity. Bring a Yoga mat or one will be provided.

**12:00pm Upper Body Mobility + Strength with Ashley:** Get stronger, be mobile! The body is made to move! While remaining upright, participants will perform strength exercises for the shoulders, biceps, triceps, back, and abdominal muscles, using a pair of moderate to heavy dumbbells. Intervals of 45 seconds of work followed by a 15-second recovery interval will guide the class. Commit to get fit!

**3:00pm Non-Sleep Deep Rest - Recharge by Creating a Sweet and Quiet Space with Allison:** Celebrate the month of May by slowing down and embracing the sweetness of stillness 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, May 22<sup>nd</sup>**

**1:00pm Wall Stretch with Charissa:** To the window, to the wall! Prepare to stretch it all! Using a fitness mat or mind/body mat, participants will flow through stretches using the wall to increase range of motion, traction, and/or to assist with balance. Proper posture and alignment will be coached along with breath control. It's a restorative experience not to miss!

### **Friday, May 23<sup>rd</sup>**

**6:00am Upper Body Takeover with Shannon:** Got upper body strength? Train for daily activity involving the shoulders, back, biceps, triceps and abs! Using light to heavy hand weights, participants will perform repetition-based exercises with a focus on proper posture and alignment. End the week on top!

**12:00pm Mobility: Lower Body with Ashley:** Move freely! Train the body to align properly for daily activity! For 45-second intervals of work, each followed by 15 seconds of recovery, participants will perform strength exercises for the lower body using a pair of moderate to heavy weight dumbbells. Get invigorated for the weekend!

### **Tuesday, May 27<sup>th</sup>**

**12:15pm Mat Pilates with Charissa (In-Person Only) RKL II Rm 220-B:** Lengthen and strengthen the body simultaneously! Pilates is a discipline that connects the mind and body to achieve the desired results. Using a sticky mat with light weights being optional, participants will flow through classical exercises with contemporary variations. With consistency, concentration, and proper execution, prepare to unveil a longer and leaner you!

**1:00pm Abs, Glutes + Back with Charissa:** Strengthen the abdominal, back and gluteal muscles with 30 minutes of conditioning! Be core strong! Using a set of light dumbbells, participants will explore various exercises to increase endurance and strength. Repetitions of 16 will be explored. Work to exhaustion! A mat will be suggested.

### **Wednesday, May 28<sup>th</sup>**

**12:00pm 360 Circuit with Ashley:** It's a total body workout! Circuit training involves performing exercises in succession with short recovery breaks in-between. Specifically, this class will engage in 45-second intervals of strength training followed by 15-second rest intervals. A fitness mat and a pair of moderate to heavy weight dumbbells are suggested.

**12:15pm Line Dancing with Charissa (In-Person Only) Bldg. 31 Rm. 1E04B:** Get on a good foot! From country line dance to soul line dance, prepare to stomp boots on the ground! Learn some of the latest line dance trends and reconnect to the tried and true! Line dance releases positive endorphins while keeping the brain sharp and improving reaction time! Feel free to bring a fan and wear your favorite dancing shoes!

### **Thursday, May 29<sup>th</sup>**

**12:15pm Swiss Ball + Chair Stretch with Charissa:** Take stretching to new heights with a resistance ball and chair! Using a 55cm-75cm ball and stationary chair, participants will perform stretches for the total body. Slow movements with a focus on proper posture, alignment, and breath control will be practiced achieving optimal health benefits. This calming, restorative experience is not one to miss!

### **Friday, May 30<sup>th</sup>**

**6am Balance + Stretch with Shannon:** Be balanced and free! Tight muscles and stressed joints are like fetters! Practice proper posture, body mechanics, and stretching to decompress for daily activity! A balance bar or chair and a mat are needed to join.

**12:00pm Tabata for the Obliques with Ashley:** Do HIIT to get fit! Tabata is high-intensity interval training consisting of bursts of hard work followed by an even shorter recovery time to achieve maximal fitness results in a short amount of time. Participants will perform obliques exercises to exhaustion! A mat will be utilized. Go into the summer with confidence!