

“Fitness for You” April 2026 Virtual & In-Person Fitness

Descriptions: All levels are welcome!

Wednesday, April 1st

8:00am Spring HIIT with Shannon (In-Person Fitness Only) Bldg. 53: Don't get fooled with this one! It's a high-intensity interval training experience! Using hand weights, participants will perform exercises in 20-second bursts of hard work followed by 10-second recovery cycles.

12:00pm 360 Circuit with Ashley: It's a total body experience! In 45-second intervals of work followed by 15-second intervals of recovery, participants will engage in strength, cardiovascular and abdominal exercises. A pair of moderate to heavy weights and a mat are suggested.

12:15pm Stretch + Flow with Charissa (In-Person Only) Bldg. 31 Rm. 1E04B: It's a total body stretch experience! For 30 minutes, participants will gently move through various stretches while practicing breath control, proper alignment and mind-body connection. Stretching is recommended daily...increase flexibility and move with ease! Mats are provided.

Monday, April 6th

6:00am Yoga Strong with Shannon: It's a fusion of weight training and Yoga! Yoga is a spiritual practice that involves performing various postures to connect the mind, body, and spirit. Using light to moderate dumbbells and a Yoga mat, participants will move through asanas (poses) led by the instructor.

Tuesday, April 7th

12:15pm Chair Towel Stretch with Charissa: Grab a thin, long towel, belt or strap and prepare to stretch! Stretching daily is recommended to sustain health and fitness. For 30 minutes, participants will move through stretches that benefit the major and minor muscle groups. Whether increasing muscle and joint range of motion or decompressing the spine, it's a total body experience not to miss!

1:00pm Treadmill Training with Charissa (In-Person Only) RKL II Rm. 220B: Get on a good foot! Traverse uncharted goals with intervals and zone challenges! Created for all fitness levels, this 30-minute session is designed to jumpstart metabolic activity for fat burn! First-come, first served, it's a calorie-blasting experience not to miss!

Wednesday, April 8th

8:00am Yoga Relax with Shannon (In-Person Only) Bldg. 53: It's an all-levels Yoga experience! Guided by controlled breaths, participants will engage in Yoga poses that open the muscles and joints for greater range of motion in performance of daily activities. Designed to increase awareness in movement, Yoga is a spiritual practice that connects mind, body and spirit.

12:00pm Standing Compound Strength with Ashley: Maximize time by strengthening multiple muscle groups simultaneously! Using a pair of moderate to heavy hand weights and a mat, participants will perform exercises in 45- second intervals of work followed by 15-second cycles of recovery. Don't wait until Summer...commit and get fit!

Ab Attack with Charissa (In-Person Only) Bldg.31 Rm. 1E04B: Strengthen the abdominals to support the back! In repetitions of 8 for at least 2 rounds, participants will engage in exercises that strengthen the transverse and rectus abdominis, internal and external obliques, and the pyramidalis. The abdominal muscles are important to posture and ease in performing daily activities. Prepare to work to exhaustion! Mats will be provided

3:00pm Non-Sleep Deep Rest: Spring Forward and Boost Resilience with Allison: Celebrate the energy of spring and support your well-being during National Stress Awareness Month 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, a guided body scan, and visualization to bring the body into a deeply relaxed yet aware state. This restorative practice can help reduce stress, boost resilience, and renew energy during the busy spring season. [Participation Link](#)

Monday, April 13th

6:00am Max Strength: Posterior Chain with Shannon: Achieve maximum gains this Spring! Strengthen the posterior chain to improve posture, mobility, and to prevent injuries. Because anterior chain dominance is the norm, getting balanced will benefit muscles and joints for ease of movement in daily activity. Using light to heavy weights, participants will perform repetition-based sets to strengthen the trapezius, posterior deltoids, erector spinae, gluteus maximus, hamstrings and gastrocnemius.

Tuesday, April 14th

12:15pm Barre Body with Charissa (In-Person Only) RKL II Rm. 220B: Get Barre bodied! It's a class dedicated to lengthening and strengthening the body simultaneously for a longer and leaner look! Using light weights and a mat, participants will flow through various Barre exercises that sculpt and tone the major and minor muscle groups. Repetition-based, prepare to work to exhaustion!

1:00pm Mat Pilates with Charissa: The body is made to move! Joseph Pilates, the creator of this practice, incorporated training skills from the sports and activities that he enjoyed to develop the discipline. Whether swimming or bicycling, dancing or the circus, key principles like oppositions, precision, concentration, flow and breath control are necessary to master them. Likewise, attendees will be guided through various exercises using these Pilates principles to achieve a longer, leaner look. A mat is suggested.

Wednesday, April 15th

8:00am Muscles Max Tax: Strength Hips + Glutes with Shannon (In-Person Only) Bldg. 53: Get stronger! Work to exhaustion! Interval based, participants will engage in timed bursts of hard work followed by short recovery cycles. Exercises are designed to increase muscle strength and bone density.

12:00pm Tabata Bootcamp with Ashley: Got HIIT? Tabata is a high-intensity interval training workout that involves performing exercises in 20-second intervals of hard work followed by 10-second cycles of recovery. Tabata has been proven to result in maximal health and fitness benefits in a minimal amount of time. This fat-blasting, calorie-dashing workout is for all levels! A mat is suggested. Bring a friend and tap in!

12:15pm Bodyweight Sculpt with Charissa (In-Person Only) Bldg. 31 Rm. 1E04B: Who says weights are needed to improve bone health?! Get stronger and healthier with bodyweight training! In repetitions of 8, participants will move through various exercises that strengthen the major and minor muscle groups. Increase fat oxidation at rest! A mat will be provided...don't miss it!

Thursday, April 16th

Mindfulness Moment: Spring Renewal Meditation with Leslie: Welcome the season of renewal with a brief, guided meditation to help you start your day feeling grounded and refreshed. This session uses gentle breathing and visualization to release stress, restore focus, and support a sense of clarity and energy as you move into the day. All are welcome. No prior meditation experience is necessary—join from wherever you are.

[Participation Link](#)

Monday, April 20th

6:00am Balance + Strength with Shannon: Being strong and balanced does a body good! Using light weights, a body bar and a chair, participants will be coached on proper alignment and form for each exercise. This all-levels class is repetition-based and designed to strengthen the body to respond to daily life demands and prevent accidental falls. Start the week off with vigor! Join in!

Tuesday, April 21st

12:15pm Core on the Floor with Charissa (In-Person Only) RKL II Rm. 220B: Be “core-ageous”! Join this 30-minute, low-impact, high-intensity class designed for all fitness levels! Grab light weights and a mat and prepare to challenge the trunk! Exercises like planks, crunches and bridges will be performed. Commit to getting fit!

1:00pm Total Body Strength with Charissa: No muscle groups will be left behind! Using light to heavy hand weights, participants will be guided through various exercises, performed in sets of 8 for at least 2 rounds. Prepare to work to exhaustion or near exhaustion! By engaging in strength training, bone health improves and fat oxidation increases! A mat is suggested.

Wednesday, April 22nd

12:00pm Total Body Tabata with Ashley: Take it up a notch with Tabata fitness! Using moderate to heavy weights and a mat, participants will perform exercises in 20-second intervals of hard work followed by 10-second recovery intervals. It’s a workout not to miss.

12:15pm Mat Pilates with Charissa (In-Person Only) Bldg. 31 Rm. 1E04B: Obtain a longer and leaner physique with Pilates! Key principles like opposition, concentration, precision, and breath control will guide this 30-minute practice. Improve posture and core strength for greater quality of life! A mat will be provided.

3:00pm Non-Sleep Deep Rest: Release Stress and Restore Your Nervous System with Allison: Celebrate the energy of spring and support your well-being during National Stress Awareness Month 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, a guided body scan, and visualization to bring the body into a deeply relaxed yet aware state. This restorative practice can help reduce stress, boost resilience, and renew energy during the busy spring season. [Participation Link](#)

Monday, April 27th

6:00am Spring Yoga with Shannon: Rejuvenate and refresh the body with a fusion of Hatha and Vinyasa Yoga! Using a Yoga mat, participants will move through asanas (poses) that encourage flexibility, increased muscle and joint range of motion and ease in performing the activities of daily life. Breath control will fuel each posture.

Tuesday, April 28th

12:15pm Line Dance Fun with Charissa (In-Person Only) RKL II Rm. 220B: Join the line dance party! Learn country, pop, and soul line dances while reaping great health benefits like stress reduction, memory improvement and mood-boosting endorphins! The average 30-minute class produces over 1500 steps! Get on a good foot and “tap” in!

1:00pm Ab Attack on the Floor with Charissa: Got strong abs? This class is designed for beginner to advanced fitness enthusiasts! Using a fitness mat and light to moderate hand weights, participants will perform crunches, planks, and more to strengthen the abdominal muscles galore! The abs support the back and are integral to posture and daily activity.

Wednesday, April 29th

8:00am Yoga 4 Athletes with Shannon (In-Person Only) Bldg.53: Join the Yoga movement! Yoga for Athletes is a non-traditional Yoga class created for athletes as a result of the high physical fitness demands that competitive sports put on the body. With a focus on increasing flexibility and improving joint and muscle range of motion, this class is also beneficial to the general population! A mat and Yoga blocks will be utilized during this 30-minute class.

12:00pm Cardio + Abs + Mobility with Ashley: No Equipment is needed, but this class packs a strong punch! Participants will perform various exercises for the heart, abdominals and trunk in 30-second intervals of work followed by 10-second cycles of recovery. Prepare to work to exhaustion!

12:15pm Line Dance with Charissa (In-Person Only) Bldg. 31 Rm. 1E04B: Move to the rhythm! Pop, soul and country line dances will overtake this 30-minute, high-energy experience! Whether a hitch, kick, or stomp, participants are sure to have a howdy good time!

Thursday, April 30th

Mindfulness Moment: Pause & Protect – Midday Mindfulness with Leslie: Take a short midday pause to reset and recharge with a guided mindfulness meditation. In recognition of *Skin Cancer Awareness Month* for May, this session invites you to build awareness of your body and consider simple, supportive practices for overall well-being, including skin health. Participants will be guided through breathing and body awareness to reduce tension and return to the day with renewed focus. All are welcome; no experience is necessary - join from wherever you are. [Participation Link](#)