

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

Fitness Descriptions: All levels are welcome!

January 5th

6:00am New Year Yoga with Shannon: It's time to rejuvenate the body! For a duration of 30 minutes, participants will move through various postures which are designed to connect the mind, body and spirit. Breath control and proper alignment will be encouraged. Get grounded!

January 6th

12:15pm Obstacle Course with Charissa (In-Person Only) RKL II Rm. 220B: Fuse fun and fitness with obstacle course training! For 3 rounds at 8 minutes each, participants will move through a low-impact, high-intensity, cardio + strength experience! This class moves at a steady pace and is not for the weary! Workout clothes and tennis shoes must be worn to prevent injury.

1:00pm Wall + Ball Sculpt with Charissa: Get sculpted! Using a 55cm-75cm stability ball, the wall, and a fitness mat, participants will move through exercises that are designed to encourage fat oxidation at rest through strength training of the major and minor muscle groups! Repetition-based, sets of 8 will be performed for 2 rounds.

January 7th

8:00am Core on the Floor with Shannon (In-Person Only) Bldg. 53: Who needs more when there's "Core on the Floor"?! Because arms and legs radiate from the center, a core workout is a total body experience! Using light to moderate hand weights and a mat, participants will perform repetition-based exercises to strengthen the trunk and body.

12:00pm Standing Abs with Ashley: Strengthen and tone the abdominal muscles while upright! In an interval of 45 seconds of work followed by a 15-second recovery interval, participants will perform exercises designed to strengthen the abs. Get moving during the lunch break and supercharge the metabolism! No equipment needed.

12:15pm Bodyweight Sculpt with Charissa (In-Person Only) Bldg. 31 Rm. 1E04B (Conference 2): Who needs hand weights when there is bodyweight?! In repetitions of 8 for at least 2 rounds, participants will perform exercises that strengthen the major and minor muscle groups. Prepare to work to exhaustion! A mat is suggested.

January 12th

6:00am Transformation Strength with Shannon: New year, new look? Commit to a healthier body with strength training! Not only does lifting weights help to prevent bone loss, but it also promotes fat oxidation at rest! Repetition-based, participants will need a mat and moderate hand weights for this all-levels class. Don't miss it!

January 13th

12:15pm Total Body Sculpt with Charissa (In-Person Only) RKL II Rm. 220B: Sculpt the body through strength training! For 30-second intervals of work followed by 10-second cycles of recovery, participants will perform various exercises that are designed to challenge the major and minor muscle groups. A mat and hand weights will be provided and utilized. It's a calorie-mashing, fat-blasting class not to miss!

1:00pm Gluteal Sculpt with Charissa: Underdeveloped glutes? How could that be when the largest muscle of the body is the gluteus maximus?! In sets of 8, participants will strengthen and sculpt the gluteus medius and maximus using light to heavy dumbbells and a fitness mat. It's a class that aims for a "hindsight" that is strong and lifted!

January 14th

8:00am Yoga Strong with Shannon (In-Person Only) Bldg. 53: Ditch the traditional Yoga class and add light to heavy hand weights to increase intensity and/or difficulty! Participants can expect to activate the major and minor muscle groups in a Hatha-style flow, designed to maintain bone density and improve overall health. A mat is suggested.

12:00pm Upright Tabata Cardio with Ashley: Increase cardiovascular health for better quality of life! For a 20-second bout of work followed by a 10-second cycle of recovery, participants will perform exercises while standing that are designed to increase the heart rate. No equipment is needed...tap in!

12:15pm Mat Pilates with Charissa (In-Person Only) Bldg. 31 Rm, 1E04B (Conference 2): Got Pilates? Strength training and cardiovascular workouts must be accompanied by mind-body practice to achieve a well-rounded fitness regimen! Using a mat and light hand weights, participants will perform classical and contemporary Pilates exercises. It's a lengthening and strengthening experience designed to transform the total body!

3:00pm Non-Sleep Deep Rest – Letting Go Through Stillness: with Allison: Welcome the New Year by letting go and embracing the gift of stillness and deep relaxation 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 body scan, and visualization practices to bring oneself into an aware, yet deeply relaxed state. We are offering two NSDR classes this month, on Wednesday, January 14th and Wednesday, January 28th at 3:00pm. [Participation Link](#)

January 20th

12:15pm Line Dance Party with Charissa (In-Person Only) RKL II Rm. 220B: Stomp, hitch and cha-cha across the floor! Activate the brain and body with line dance sequences that challenge memory and reaction time! In 32-count combinations, participants will learn at least 3 different line dances of pop, country and soul origin. Excitement and energy overtake each class for considerable health benefits! Bring a friend and join in!

1:00pm Line Dance Party with Charissa: Join the line dance party! As the instructor celebrates a birthday, participants will learn the steps to 3 of her current favorite line dances- one pop, one country and one soul! In counts of 8, prepare to heel-toe and mambo across the floor! It's an exciting and mood-lifting experience not to miss! All boots and hats- are welcome!

January 21st

8:00am HIIT with Weights with Shannon (In-Person Only) Bldg.53: Got HIIT? High-intensity interval training boasts maximal fitness and health benefits in a minimal amount of time. Bolt ahead by strengthening the body in 30-second bouts of work followed by 20-second recovery cycles. Heavy hand weights will be utilized.

12:00pm Muscle-Focused Tabata with Ashley: Transform the body in record time with Tabata training! A high-intensity interval workout consisting of 20-second bursts of work followed by 10-second cycles of rest, the health benefits are great with minimal time investment! 4 rounds of exercise for each muscle group can be expected. Grab a fitness mat and moderate to heavy hand weights to join!

12:15pm Boxing Break with Charissa In-Person Only) Bldg. 31 Rm. 1E04B (Conference 2): Elevate the heart rate for cardiovascular health while learning self-defense! In repetition of 8 for 2 rounds, participants will perform easy boxing combos based off authentic techniques and approach. It's a calorie-attacking workout not to miss!

January 23rd

6:00am Balance + Stretch with Shannon: It's a low-impact, high-intensity experience for all levels! Participants should prepare to perform various stretches intermingled with balance training! In a flow with steady cadence, a body bar or balance bar and chair will be utilized to strengthen mobility and flexibility. Commit to being fit!

January 26th

6:00am Strength + Stability with Shannon: Strength train and improve stability to prevent falls, increase bone health and oxidize fat at rest! Repetition-based, participants will perform exercises that are designed to aid in performance of daily activities like squatting, pushing, pulling and lifting. Learn proper alignment and spatial positioning to avoid injury for the everyday demands of life. Light hand weights will be utilized.

January 27th

12:15pm Core on the Floor with Charissa (In-Person Only) RKL II Rm. 220B: Feeling "core-ageous"?! Engage in core strengthening and increase stability! For 30-second cycles of work followed by 10-second cycles of rest, participants will move through 2 rounds of each exercise, designed to improve trunk health. Light weights and a mat will be utilized.

1:00pm Core on the Floor with Charissa: Be "core-ageous"! By strengthening the core, the entire body benefits! Because the limbs radiate from the center, any exercise that strengthens the trunk will activate the arms and legs too! In repetitions of 8, for 4 rounds, prepare to work to exhaustion! A mat and light to moderate hand weights will be utilized. All levels are welcome.

January 28th

8:00am Yoga Calm with Shannon (In-Person Only) Bldg. 53: Wind down on Wednesday with gentle Yoga! Controlled breathing and awareness will be coached during this 30-minute practice. Using a Yoga mat, participants will move through poses (asanas) designed to increase flexibility and connection to the mind and body.

12:00pm Lower Abs with Ashley: Get low! Strengthen the lower abdominals that is! For a 45-second interval of work followed by a 15-second recovery interval, participants will engage in exercises like bird-dog or flutter kicks for at least 2 rounds. The abdominal muscles help to support the spine and are important for posture and movement. Grab a mat and join in!

12:15pm Line Dance with Charissa (In-Person Only) Bldg. 31 Rm. 1E04B (Conference 2): Got steps?! A 30-minute line dance class involves upwards of 500+ steps toward the 7,000 recommend daily average! Boost mood and crush calories while learning country, soul and pop like dances! Bring a friend and “tap” in!

3:00pm Non-Sleep Deep Rest – Embrace the Gift of Deep Relaxation with Allison: Welcome the New Year by letting go and embracing the gift of stillness and deep relaxation 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 body scan, and visualization practices to bring oneself into an aware, yet deeply relaxed state. We are offering two NSDR classes this month, on Wednesday, January 14th and Wednesday, January 28th at 3:00pm. [Participation Link](#)