

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

Descriptions: All levels are welcome!

Monday, March 2nd

6:00am Yoga for Athletes with Shannon: Whether an athlete or a fitness enthusiast, this Yoga practice involves improving muscle and joint range of motion, balance and flexibility. The only equipment needed for the class is a Yoga mat. Enhance athletic performance or the ability to perform daily activities with this 30-minute Yoga experience!

Tuesday, March 3rd

12:15pm Chair Fitness with Charissa: This isn't your grandmother's chair workout! Designed for all fitness levels, prepare to work to exhaustion! Using light to moderate hand weights and a stationary chair, participants will engage in exercises that strengthen the major and minor muscle groups. Repetition-based, sets of 8 will be performed. Don't miss it!

1:00pm Treadmill Trek with Charissa (In-Person Only) RKL II Rm. 220B: Take a trek, it's not quite Spring yet! Learn how to be more efficient and results-based in using the treadmill! Learn proper positioning, spatial alignment, breathing techniques and how to maximize health benefits! Designed for all fitness levels, this is an experience not to miss! First come, first served.

Wednesday, March 4th

8:00am Max Strength Upper Body with Shannon (In-Person Only) Bldg. 53: Don't sit, get fit! Engage in heavy lifting to increase workout intensity! Using moderate to heavy hand weights, participants will perform exercises that strengthen the major and minor muscle groups. Coaching on proper form and alignment will ensure safety and maximize fat oxidation potential. This is an advanced class- some lifting experience is highly suggested.

12:00pm Upright Tabata 360 with Ashley: Maximize health and fitness goals with high-intensity interval training! Tabata involves 20-second bursts of hard work followed by 10-second recovery cycles in circuit-style repetition. Participants will need moderate to heavy hand weights to perform the exercises, in which heavier weights than usual is utilized to reach exhaustion.

12:15pm Sculpt + Strength with Charissa (In-Person Only) Bldg. 31 Rm. 1E04B: Get toned, get stronger bones! Using body weight, participants will perform strength exercises for 2 rounds of 8. Whether major or minor muscle groups, this workout is designed to engage the entire body! A mat will be provided. Don't miss this low-impact, high-intensity, fat-burning experience!

Monday, March 9th

6:00am Mini-Ball Strong with Shannon: Commit to getting fit! A repetition-based workout, participants will utilize a Bender ball/mini-ball and light to heavy hand weights to strengthen the major and minor muscle groups. A focus on proper alignment and spatial position will be coached. Get energized for the week!

Tuesday, March 10th

12:15pm Partner Power Play with Charissa (In-Person Only) RKL II Rm. 220B: Commit to getting fit...with partner fun! Using a mat and body weight, prepare for playful power exercises that maximize fat burn and trigger muscle exhaustion! In 60-second intervals participants will perform at least one round of exercise before switching with a partner whom will execute the same exercise within 1 minute. Prepare to sweat!

1:00pm Total Body Sculpt with Charissa: Get toned, get lean! For 30 minutes, participants will perform exercises that are designed to strengthen the major and minor muscle groups while promoting fat burn at rest! Repetition-based, light to heavy hand weights will be utilized to engage in sets of 8. Tap in!

Wednesday, March 11th

8:00am Yoga Strong with Shannon (in-Person Only) Bldg. 53: Get Yogi strong! This class is all about power! Using light to heavy hand weights and a Yoga mat, participants will move through guided exercises that promote mind-body connection for maximal results. Breath control will be coached and incorporated. This non-traditional approach to Yoga involves a fusion of strength training and asanas (poses) for the mind, body and spirit.

12:00pm Compound Strength + Mobility with Ashley: Increase bone health and induce fat burn at rest with strength training! Using a pair of moderate to heavy hand weights, participants will engage in a 45-second interval of work followed by a 15-second interval of recovery and repeat for at least 2 rounds.

12:15pm Pilates with Charissa (In-Person Only) Bldg. 31 Rm. 1E04B: Got a Pilates body? Characterized as a “lean and clean” look, the Pilates physique is pursued by professional dancers, circus performers, and models alike. The exercises are designed to lengthen and strengthen simultaneously by incorporating key principles like breath control, precision, flow, centering, concentration, oppositions and visuals. Receive coaching on proper alignment and form to achieve optimal results! A mat will be utilized and provided.

3:00pm Nourishment Beyond Food: Supporting Digestion & Metabolic Health with Non-Sleep Deep Rest with Allison: March is **National Nutrition Month**, and this year, you're invited to consider nourishment beyond food—and the role of rest, breath, and nervous system regulation in supporting digestion, metabolism, and overall well-being. Non-Sleep Deep Rest (NSDR) is a restorative practice that supports the body's ability to *digest, absorb, and integrate* not only nutrients, but also daily experiences and stress. When the nervous system shifts out of fight-or-flight and into a state of deep rest, the body is better able to support digestive function, blood sugar balance, and metabolic health. 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 practice offers a powerful complement to nutrition and lifestyle habits by creating the internal conditions necessary for true nourishment. [Participation Link](#)

Monday, March 16th

6:00am Balance and Stretch with Shannon: Increase mobility and flexibility! Learn proper posture and alignment for exercises and stretches that improve overall health and fitness! Repetition-based, this class is designed for accidental fall prevention! Participants will need a mat and a body bar or chair to join.

March 17th

12:15pm Kickboxing with Charissa (In-Person Only) RKL II Rm. 220B: Got kicks?! Learn authentic American kickboxing techniques while also gaining self-defense skills! In repetitions of 8, participants will perform genuine hit and kick combinations for a high-energy, calorie-expending, shadowboxing experience! No kickboxing experience is needed to join.

1:00pm Mat Pilates with Charissa: Lengthen and strengthen the body while inducing fat burn at rest! Using a sticky mat and light hand weights, participants will perform Pilates exercises that help create a longer and leaner look and increase fat oxidation post-workout! Repetitions of 8 will guide the class. This is a total body experience not to miss!

Wednesday, March 18th

8:00 am Yoga Calm with Shannon (In-Person Only) Bldg. 53: Recharge, reset. It's a 30-minute Yoga conquest! Prepare to perform asanas (poses) that relax the mind, body and spirit. Proper alignment will be coached to achieve maximal health benefits and recovery. A Yoga mat is suggested.

12:00pm Tabata Cardio with Ashley: Get Tabata fit! Tabata is designed to achieve maximal health and fitness benefits in a minimal amount of time. In circuit-style intervals of 20 seconds of hard work followed by a 10-second recovery cycle, participants will perform exercises that increase the heart rate for cardiovascular fitness. A mat is the only equipment needed to join in.

12:15pm Low-Impact Boxing Break with Charissa (In-Person Only) Bldg. 31 Rm. 1E04B: Roll like a butterfly, sting like a bee! Uppercut, hook, jab, bob and weave! Learn genuine defensive and offensive boxing skills! This 30-minute workout focuses on proper posture and authentic boxing techniques. It will surely induce a sweat!

Tuesday, March 24th

12:15pm Cycling Session with Charissa (In-Person Only) RKL II Rm. 220B: Join the revolution! Prepare to climb hills, traverse flat roads, and work to exhaustion! Whether navigating downhill or trudging through mud, there's no terrain off limits in this class! It's a 30-minute, low-impact, high-intensity workout for all! Tap in!

1:00pm Swiss Ball + Wall Sculpt with Charissa: Break up boring workout routines with a stability ball and the wall! Strength and resistance training does the body good! For 2 rounds of 8 repetitions, participants will perform exercises using bodyweight, a Swiss ball, a fitness mat and a wall. A 55-75cm resistance ball is ideal.

Wednesday, March 25th

6:00am Yoga for Spring with Shannon: This Yoga practice is designed to rejuvenate and restore the body while increasing flexibility! With a focus on breath control, proper posture, alignment and intentionality, it's a A Hatha-based practice, not to miss! Participants will need a Yoga mat and a Yoga block to participate.

8:00am Strong & Stable with Shannon (In-Person Only) Bldg. 53: Knees buckle under pressure? It's time to get strong and stable! Using light hand weights and a mat, participants can expect to perform exercises that strengthen the bones and muscles for daily activity and to avoid accidental falls! Repetition-based, this 30-minute class is for all levels! Don't miss it!

12:00pm Lo-Cardio, Mobility + Abs with Ashley: It's a low-impact, high-intensity workout for all levels! Using body weight, participants will perform strength, core, and balance exercises to increase overall fitness. Intervals of 30 seconds of work followed by 10-second cycles of recovery will guide the class. This approach to avoiding falls, increasing bone health, improving cardiovascular health and sculpting the body is a no-brainer! Tap in!

12:15pm Line Dance with Charissa (In-Person Only) Bldg. 31 Rm. 1E04B: Get to stepping! NIH supported studies recommend 4,400 to 5,000 steps a day. The average 30-minute Line Dance class generates 2,500 to 4,000 steps! Boost mood and crush movement goals with Line Dancing! Pop, soul and country line dances will be performed.

3:00pm Non-Sleep Deep Rest - Digesting Life: Rest as an Essential Nutrient with Allison: March is **National Nutrition Month**, and this year, you're invited to consider nourishment beyond food—and the role of rest, breath, and nervous system regulation in supporting digestion, metabolism, and overall well-being. Non-Sleep Deep Rest (NSDR) is a restorative practice that supports the body's ability to *digest, absorb, and integrate* not only nutrients, but also daily experiences and stress. When the nervous system shifts out of fight-or-flight and into a state of deep rest, the body is better able to support digestive function, blood sugar balance, and metabolic health. 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 practice offers a powerful complement to nutrition and lifestyle habits by creating the internal conditions necessary for true nourishment. [Participation Link](#)

Monday, March 30th

6:00am Max Strength with Shannon: Get lifted! Exercise is not only good for the body but for the mood too! Learn proper alignment and spatial positioning to perform squats, lunges and deadlifts for the loaded activities of daily life. A focus on the legs, glutes, and hips will guide this repetition-based class. To get moving, participants will need heavy hand weights.

Tuesday, March 31st

12:15pm Line Dance with Charissa (In-Person Only) RKL II Rm. 220B: Click heels and get all the feels with line dancing! Learn Pop, Soul, and Country line dances that incite a dance break in a public place! In counts of 8 students will slowly move through line dances with guided instruction before performing the song to music. It's an exhilarating and unifying experience for all whom engage!

1:00pm Glute Work with Charissa: Sculpt and strengthen the gluteal muscles! The gluteus medius and maximus are important to movement and support the low back. In repetitions of 8, participants will perform various exercises that increase gluteal health and aesthetic appearance. Close the month out strong! A mat and light to moderate dumbbells will be utilized.