

# “Fitness for You” November 2024 Virtual & In-Person

## Fitness Descriptions: All levels are welcome!

### **Friday, November 1<sup>st</sup>**

**6:00am Strong & Lean with Shannon:** Get strong and lean! This all-levels class involves combining bodyweight exercises and stretching. Decompress the spine and lengthen muscles for a longer, leaner look! Grab a mat and join in!

**12:00pm Mobility Balance Sculpt with Ashley:** Get moving with strength training performed while standing upright! Exercises like squats, lunges and biceps curls will be executed in intervals of 45 seconds of work followed by 15-second recovery intervals. Get sculpted! Moderate to heavy dumbbells are suggested.

### **Monday, November 4<sup>th</sup>**

**6:00am Yoga Strong with Shannon:** It's a spiritual stretching and strengthening class! All Yoga postures represent a Hindu deity; by including weights the physical strength component is added. Using light weights and a Yoga mat, participants will perform various poses (asanas) with guided breath control for a total body practice!

### **Tuesday, November 5<sup>th</sup>**

**12:15pm Election Day Stretch & Flow with Charissa:** Release stress, anxiety and overcome general fatigue with a slow flow stretching session! Guided breathing will be incorporated into each stretch to increase circulation and oxygenation throughout the body. This gentle stretch experience helps to improve mood and reduce pain and malaise in the muscles and joints.

### **Wednesday, November 6<sup>th</sup>**

**12:00pm Upper Body Strength with Ashley:** Increase upper body strength! Daily activities like pushing and pulling involve the upper body. Using moderate to heavy dumbbells, participants will engage in strengthening exercises in intervals of 45 seconds of work followed by 15-second recovery periods. Exercises will be performed while standing upright. Don't miss it!

### **Thursday, November 7<sup>th</sup>**

**12:15pm Spinal Decompression & Opening Stretch with Charissa:** Find relief from stiffness and discomfort with this guided stretching session! Incorporating breath control and focusing on oppositions, participants will perform various stretches for the spine, hips, shoulders and more. Improve flexibility, range of motion and posture! It's a total body experience not to miss! A fitness mat will be utilized.

### **Friday, November 8<sup>th</sup>**

**6:00am Core on the Floor with Shannon:** Strengthen the core on the floor! The core is essentially the trunk and is integral to movement as the limbs and head radiate from it. Using a mat and light to heavy weights, prepare to perform exercises that challenge the center! This is a repetition-based class for all levels. Don't miss it!

**8:30am Non-Sleep Deep Rest: Nourish Your Body with Stillness with Allison:** Welcome the month of November by taking time to slow down and cultivate gratitude and ease 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. class will be taught by Allison Rose, MHS, E-RYT500, Ayurveda Yoga and Fitness Specialist. [Participation Link](#)

**12:00pm Lower Body Strength with Ashley:** Complete the week with lower body strength training! Designed to induce muscular exhaustion, this low-impact, high-intensity class will increase fat burning at rest! Exercises for the quadriceps, hamstrings, hips, and calves will be performed. 45-second intervals of work followed by 15-second recovery intervals will make up the class. Grab some moderate to heavy dumbbells and get sculpted!

### **Tuesday, November 12<sup>th</sup>**

**12:15pm Barre Flow Repetitions with Charissa:** Only at the Barre! Lengthen and strengthen the muscles simultaneously for a longer, leaner look! Barre is a low-impact, high-intensity workout inspired by Ballet conditioning. Participants can expect to move through a flow of exercises in repetition that will surely induce a sweat! A set of light to moderate weights and a mat will be utilized. Let's meet at the Barre!

**1:00pm Core Craze on the Floor with Charissa (In-Person Only RKL II Rm. 220-B):** Take on the core challenge! In intervals of 30 seconds of work followed by 10-second cycles of recovery, prepare to strengthen and tone the middle! The core includes the back, abdominals, chest, and hips. It's a low-impact, high-intensity workout that will test endurance and overall fitness...come be witness! A mat and props will be provided.

### **Wednesday, November 13<sup>th</sup>**

**6:00am Minute to HIIT It! with Shannon:** This is an advanced high-intensity interval training (HIIT) class! Using light weights, participants will execute exercises in 60-second bursts of hard work followed by 30-second recovery. HIIT workouts are designed to induce anaerobic phase for maximal health and fitness results in a short amount of time. Don't forget a mat! Seasoned athletes and fitness enthusiasts only.

**12:00pm Total Body 360 with Ashley:** It's a midday, total body workout! Rev up for a cardiovascular, core and strength class designed to blast calories and increase fat burn! In intervals of 45 seconds of work followed by 15-second recovery intervals, participants can expect to perform various exercises to challenge the major and minor muscle groups. Moderate to heavy hand weights and a mat are needed to join. **Thursday, November 14<sup>th</sup>**

**12:15pm Stretch & Go! with Charissa:** Receive full body rejuvenation with this total body stretch experience! Participants can expect to move through various stretches that are designed to relieve achy joints and lengthen the muscles. Deep breathing, guided by the instructor, will ensure maximal health benefits for attendees! In just 30 minutes, prepare to feel calmer, less stressed, and more flexible! A fitness mat will be utilized.

### **Friday, November 15<sup>th</sup>**

**6:00am Maximum Strength: Biceps, Triceps + Core with Shannon:** Got upper body strength? Challenge the biceps, triceps, and core by performing exercises to exhaustion! Using heavy weights and a mat, participants will engage in strength training for the upper body in short bursts followed by an even shorter break. Go into the weekend strong!

**12:00pm Standing Abs with Ashley:** Get moving with an upright abdominal workout! The abdominal muscles aid in supporting the spine and are important to mobility. In intervals of 45 seconds of work followed by 15-second cycles of recovery, participants will perform exercises to strengthen the rectus and transverse abdominis, pyramidalis, the internal and external obliques, and more! Moderate to heavy hand weights will be utilized for this class.

#### **Monday, November 18<sup>th</sup>**

**6:00am Mobility Strength & Stretch with Shannon:** Begin the week easy with light lifting and stretching! Participants can expect to move through guided stretches intermingled with gentle strength exercises. Balance will be practiced also with a focus on proper posture and alignment while executing movements. Light weights and a mat will be utilized. Join and get in the flow!

**8:00am Yoga Relax with Shannon (In-Person Only Bldg.53):** Need some restoration for the week ahead? Join this 30-minute practice designed for the time-crunched professional! Using a Yoga mat, participants will move thorough gentle poses (asanas) that are designed to connect the mind and body and increase flexibility. Finding an intention is encouraged; guided breath control will aid in reaching awareness.

**12:00pm Mindful Moment: Embracing the Messy Holiday Season with Leslie:** Join Leslie Pont, NIH Wellness Programs Manager for a 15-minute meditation to unwind, relax, and be guided through a journey to self, where we can acknowledge all the emotions the holidays bring, and great ourselves with kindness. [Participation Link](#)

#### **Tuesday, November 19<sup>th</sup>**

**12:15pm Bodyweight Trunk Sculpt with Charissa:** Tighten and tone the trunk! Essentially the core, the trunk includes the chest, back and abdominal muscles. In intervals of 30 seconds of work followed by 10-second recovery cycles, participants will perform exercises designed to strengthen the center. Prepare to work to exhaustion! A fitness mat is suggested.

**1:00pm Turkey Trot: Treadmill with Charissa (In-Person Only RKL II Rm. 220-B):** Don't get caught with excess weight after the holidays...prepare ahead! This 30-minute HIIT class involves varying short intervals of high-intensity walking, jogging or running, followed by longer recovery cycles of walking. All levels are invited as participants work at their own respective fitness level. Meet me at the spot...for the Turkey trot!

#### **Wednesday, November 20<sup>th</sup>**

**12:00pm Gliding with Ashley:** Glide and go! In just 30 minutes, participants will activate the major and minor muscle groups for a total body workout! Paper plates or gliders will be utilized for each exercise, performed in 30-second bursts of hard work followed by 10-second recovery intervals. It's a low-impact, cardiovascular, core, and strength experience! A mat and gliders are suggested.

**3:00pm Non-Sleep Deep Rest: Cultivate Gratitude and Ease with Stillness with Allison:** Welcome the month of November by taking time to slow down and cultivate gratitude and ease 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. Class will be taught by Allison Rose, MHS, E-RYT500, Ayurveda Yoga and Fitness Specialist.

[Participation Link](#)

#### **Thursday, November 21<sup>st</sup>**

**12:15pm Chair Towel Stretch with Charissa:** It's the ultimate stretching experience! Using a thin, arm-length towel to aid in stretching helps to increase flexibility and joint range of motion. Participants can expect to perform stretches for each of the major and minor muscle groups during this 30-minute class. A stationary chair and arm-span towel or scarf are suggested. Stretching is recommended daily; don't miss it!

#### **Friday, November 22<sup>nd</sup>**

**6:00am Yoga Relax with Shannon:** Move into the weekend with a restorative practice! For 30 minutes, participants will be guided through Yoga postures that encourage relaxation. Through breath control and mind-body connection, Yogis can more easily connect to intention. A Yoga mat and a block are suggested.

**12:00pm Low-Impact Tabata Cardio with Ashley:** Obtain a healthy heart with cardiovascular training! Tabata is high-intensity interval training that is designed to induce maximal health benefits in a minimal amount of time. The heart is a muscle that gets stronger when it's challenged! This class involves performing exercises upright in 20-second bursts of hard work followed by 10-second cycles of recovery. Go into the weekend energized! No equipment needed.

#### **Monday, November 25<sup>th</sup>**

**6:00am Balance & Strength with Shannon:** Tap into the true fountain of youth! Balance and strength are ways in which science and medicine predict morbidity. In this class, participants will be instructed on proper posture and alignment that will aid in mobility and daily functional movement. Using a stationary chair or balance bar and light to heavy weights, prepare to perform exercises to strengthen the muscles and bones for a total body workout!

**12:00pm Mini-Band Abs and Glutes with Ashley:** Get banded! Grab some loop bands and prepare to work the gluteal and abdominal muscles to exhaustion! In 30-second bursts of hard work, followed by 10-second recovery intervals, participants will engage in strengthening exercises for the abs and glutes. Moderate to strong mini bands and a mat will be utilized. Get in the loop!

#### **Tuesday, November 26<sup>th</sup>**

**7:15am Yoga for Athletes with Shannon (In-Person Only Bldg.53):** Get Yoga strong! This spiritual practice focuses on strengthening and opening postures for flexibility and greater range of motion in sports and fitness performance. Prepare to move through poses with breath control and a focus on proper alignment and positioning of the body in space. Bring a Yoga mat (or one will be provided) and join in!

**12:15pm Floor Sculpt Tabata with Charissa:** Get strong, get sculpted! For 30 minutes, participants will engage in various floor exercises to increase strength and health of the body! Expect exercises like planks, mountain climbers and shoulder bridges, oh my! Tabata is the high-intensity interval workout that garners maximal health benefits in a short amount of time. Very light weights and a mat will be used for the 20-second bursts of hard work, followed by 10-second recovery cycles. Increase fitness, the heart as a witness.

**Wednesday, November 27<sup>th</sup>**

**6:00am Easy Flow Stretch with Charissa:** Start the day easy! This 30-minute stretch class will activate blood flow throughout the body while increasing flexibility and joint range of motion for daily activity. Participants can expect to seamlessly travel through various gentle stretches while incorporating deep, controlled breaths into each movement. It's the best way to begin the day! A fitness mat is suggested.

**12:00pm Compound Strength with Ashley:** Increase workout intensity with compound strengthening! This 30-minute class involves performing exercises that activate 2 or more muscle groups simultaneously. In intervals of 45 seconds of work, followed by 10-second cycles of recovery, participants will utilize moderate to heavy dumbbells to reach exhaustion. It's a HIIT (high-intensity interval training) experience not to miss!

**Friday, November 29<sup>th</sup>**

**6:00am Black Friday Transverse Plane with Shannon:** Heavy shopping can sometimes mean heavy lifting! Training in the transverse plane helps prepare the body for moving heavy objects. This 30-minute workout is designed to strengthen & stretch the transverse plane. Repetition-based, light to heavy weights and a mat will be utilized. Don't drop it...unless it's excess weight of course!