

“Fitness for You” September 2025 Virtual & In-Person

Fitness Descriptions: All levels are welcome!

Tuesday, September 2nd

12:15pm Abs, Glutes + Thighs with Charissa: Tighten and tone the abdominals and hip complex! Using light to moderate hand weights and a mat, participants will perform strengthening exercises for each respective muscle group. Repetition-based, sets of 8 will guide the class. Improve and build better posture with this low-impact, high-intensity workout!

1:00pm Treadmill Trek with Charissa (In-Person Only RKL II Rm. 220-B): Train for fitness results with the treadmill! Learn proper posture, breath control and how to utilize maximum heart rate on the treadmill for health benefits! This 30-minute class is an efficient way to incorporate cardiovascular exercise into the routine demands of the office! Participants will choose the intensity of work that is most comfortable based on fitness level. Bring a friend and arrive promptly to secure a treadmill! First come, first served.

Wednesday, September 3rd

8:00am Yoga for Relaxation with Shannon (In-Person Only Bldg.53): Rejuvenate and find balance with restorative Yoga! This spiritual practice involves performing 5 postures with a focus on breath control, proper alignment and flexibility while also connecting the mind, body, and spirit. Prepare to leave the class feeling calmer with more awareness. Participants need a Yoga mat to participate.

12:00pm Tabata Mobility + Cardio with Ashley: Get mobile the Tabata way! Designed to maximize health and fitness benefits in a short amount of time, Tabata is a high-intensity workout consisting of a 20-second interval of hard work followed by a 10-second recovery interval that is repeated for at least 4 rounds for the same muscle group. This class involves no jumping, and participants will remain upright for the entire duration of class.

Friday, September 5th

6:00am Sunrise Yoga with Shannon: Start the week with this Hatha experience! Using a mat, strap and block, participants will move through various asanas (poses) that are designed to increase muscle and joint range of motion as well as connect the mind, body and spirit. It's a Yoga experience for old and new Yogis alike!

Monday, September 8th

6:00am Max Strength: Trunk with Shannon: It's time to level up! This low-impact, high intensity workout is not for the faintly fit! Using heavy hand weights, participants can expect to engage in strengthening exercises for the major and minor muscle groups. Repetition-based, it's a calorie-blasting, fat oxidative experience not to miss! A physician's clearance is strongly recommended.

12:15pm Bodyweight Strength + Sculpt with Charissa (In-Person Only Bldg.31 Rm. 1E04B): Learn to strength train using bodyweight! Who needs hand weights when there is bodyweight?! Participants will move through various strength exercises that can be performed while watching tv, on vacation and even on an office break! Repetition-based, attendees will execute for 8 counts and 2 rounds of each exercise. Feel free to bring a mat or a friend and join in!

Tuesday, September 9th

12:15pm Strength + Sculpt with Charissa (In-Person Only RKL II Rm. 220-B): Sculpt and strengthen the body! Get healthier bones and oxidize fat at rest with strength training! For intervals of 30 seconds of work, participants will move through exercises for the major and minor muscle groups using light to heavy hand weights, followed by a 10-second recovery period and repeat. 2 rounds of each (30-second) exercise will be performed. Don't miss it!

1:00pm Stretch & Flow with Charissa: Relieve tired and achy muscles and joints! Take a midday break and stretch! For a duration of 30 minutes, participants will flow through various stretches designed to increase flexibility along with joint and muscle range of motion. Seamless transitions with breath control will guide the class. Grab a sticky mat and join in!

Wednesday, September 10th

8:00am Fall HIIT & Stretch w/ Shannon (In-Person Only Bldg. 53): Got HIIT?! High Intensity Interval Training (HIIT) has proven to generally be safer and more time efficient for the average adult. HIIT involves performing exercises at a higher intensity for a short period of time, with an even shorter recovery period before repeating. Because of the intensity, the duration of HIIT classes is typically short but achieve more health benefits than longer steady-state classes. Using light hand weights and a mat, participants will move through 30-second intervals of work followed by 10-second cycles of recovery and repeat.

12:00pm Mobility Balance Sculpt with Ashley: Get balanced, get sculpted! Using moderate to heavy hand weights, participants will perform strengthening and balancing exercises upright, for 45-second intervals of work followed by 15-second recovery intervals. Improve bone health and increase fat oxidation at rest!

3:00pm Non-Sleep Deep Rest: Ease the Transition to Fall by Slowing Down with Allison: Embrace the shift into Fall and create stillness amidst the busyness of September's new routines with the quiet, nourishing practice of Non-Sleep Deep Rest (NSDR). Rooted in the ancient tradition of yoga nidra ("nidra" meaning sleep), NSDR is a guided meditation practice that blends mindful breathing and body scanning to guide you into a state of deep relaxation while remaining present and aware. [Participation Link](#)

Monday, September 15th

6:00am Upper Body Strength with Shannon: Strengthen the upper body! Grab light to heavy weights and a mat and get pumped! Participants can expect to perform repetition-based exercises for the shoulders, biceps, triceps, back, chest and abdominal muscles. It's a lifting class not to miss.

12:15pm Mat Pilates with Charissa (In-Person Only Bldg. 31 Rm. 1E04B): Get a longer and leaner look with Pilates! Transform the body by learning key Pilates principles such as concentration, breath control, opposition and precision! Visuals are given to help master each exercise, which focuses on strengthening the body from the inside out. Participants will move through various Pilates exercises for a total body metamorphosis experience! No shoes are worn during class; feel free to bring a mat.

Tuesday, September 16th

12:15pm Cycling Connections with Charissa (In-Person Only) RKL II Rm. 220-B: Connect with the ride! Move through a guided, mixed terrain ride for cardiovascular health! Hills and sand, flat roads and winds can be expected on this 30-minutes revolutionary experience! This is an interval- based class...expect to sweat! Please arrive promptly for the bike setup.

1:00pm Boxing Break with Charissa: Roll like a butterfly, sting like a bee! For 30 minutes strong, shadow box continually! Gain authentic fighting skills...learn how to properly execute a jab, hook and uppercut! Participants can expect to perform various hit combinations for a low-impact, high-intensity, calorie-blasting experience! It's a total body workout not to miss!

Wednesday, September 17th

12:00pm Total Body Conditioning with Ashley: Train to maintain! Condition the body to move in space with ease! Using moderate to heavy hand weights and a mat, participants will perform various exercises to strengthen the major and minor muscle groups. Grab a friend and tap in!

1:00pm Functional Fit Circuit with Charissa (In-Person Only Bldg.53): Do daily tasks come with ease? This 30-minute class focuses on training the body for daily activity. Routine movement like squats, pushing, pulling and lunging will be explored! Learn proper alignment and posture in space while strengthening the body to achieve a better quality of life! Participants will move through a circuit, performing various exercises in 30-second intervals of work followed by 10-second cycles of rest and repeat. Bring a water bottle and join in!

Monday, September 22nd

12:00pm Celebrate the Fall Equinox & National Yoga Month: Hatha Yoga with Allison: Honor the balance of light and dark with a **30-minute online Hatha Yoga practice** designed to energize the body, calm the mind, and soothe the nervous system. This gentle yet uplifting class will help you ground into the season's steady rhythm while cultivating clarity and ease. [Participation Link](#)

12:15pm Line Dancing with Charissa (In-Person Only Bldg.31 Rm. 1E04B): Let's have a good time! Learn popular line dances to country, pop and soul music! Prepare to heel-toe, grapevine and hitch to oblivion! Dance has been proven to increase positive endorphins, decrease stress in the body, and stimulate the brain. Come join the party! Cowboy boots are welcome.

Tuesday, September 23rd

12:15pm Ab Attack with Charissa (In-Person Only RKL II Rm. 220-B): "Ab"solutely you can do this! It's a 30-minute class for novice and seasoned fitness enthusiasts alike! Work the internal and external obliques, the transverse and rectus abdominis, and the pyramidalis to exhaustion! Using a set of light to moderate hand weights, participants will perform various abdominal exercises in repetitions of 8 for 2 rounds. Bring a friend and join in!

1:00pm Swiss Ball + Wall Cardio Sculpt with Charissa: Get sculpted! Using a 35-75cm resistance ball, the wall, and a mat, prepare to work to exhaustion! This 30-minute class is packed with exercises to strengthen and tone the total body! Repetition-based, increments of 8 for 2 rounds will be explored. Commit to being fit!

Wednesday, September 24th

8:00am Yoga 4 Balance with Shannon (In-Person Only Bldg.31 Rm. 1E04B):

Get balanced and stable! This Hatha-based Yoga class involves executing physical postures to balance the body while gaining mental balance through awareness and connection of mind, body and spirit. Participants will learn proper posture and alignment for each pose with a focus on breath control. Bring a mat, maybe a friend, and join in!

12:00pm Low-Impact Tabata with Ashley: Get the benefits of Tabata without the jumping! For 20 second intervals of hard work, participants will engage in strengthening exercises for the major and minor muscle groups, followed by 10-second cycles of recovery. Moderate to heavy hand weights are suggested to achieve exhaustion. Take workouts higher with Tabata!

3:00pm Non-Sleep Deep Rest: Balance Busyness with Stillness with Allison: Embrace the shift into Fall and create stillness amidst the busyness of September's new routines with the quiet, nourishing practice of Non-Sleep Deep Rest (NSDR). Rooted in the ancient tradition of yoga nidra ("nidra" meaning sleep), NSDR is a guided meditation practice that blends mindful breathing and body scanning to guide you into a state of deep relaxation while remaining present and aware. [Participation Link](#)

Friday, September 26th

6:00am Yoga 101 with Shannon: Learn the basics of Yoga! Grab a mat, strap and Yoga block to join! For 30 minutes, participants will move through the basics of Yoga and learn proper alignment and form for each asana (pose) to prevent injury and achieve the health and fitness benefits of each pose.

Monday, September 29th

6:00am Posterior Core Work with Shannon: Strengthen the core for better quality of life! The core is essentially the trunk and is integral to posture and movement. Repetition-based, participants will use body weight to engage in exercises designed to activate the core and improve overall health. A mat is optional.

Tuesday, September 30th

12:15pm Line Dance with Charissa (In-Person Only RKL II Rm. 220-B): Let's take a hitch! Grab an office mate and join the party! Learn popular line dances set to pop, country and soul music hits! Dance has been proven to increase positive endorphins in the body and stimulate the brain. Dance to de-stress! It's a fitness experience not to miss...cowboy boots are welcome! No dance experience necessary.

1:00pm Mat Pilates with Charissa: Get lean and strong with Pilates! Designed to lengthen and strengthen the body simultaneously, Pilates is a mind-body class that focuses on key elements like centering, oppositions, breath control, and precision to achieve desired results. Participants will utilize light hand weights and a mat for this total body experience!