

"Fitness for You" July 2026 Virtual & In-Person Fitness

Descriptions: All levels are welcome!

Wednesday, July 1st

12:00pm Total Body Tabata with Ashley: Take it to the top with Tabata! Reach the peak of anaerobic threshold with this high-intensity interval workout! Using a pair of moderate to heavy weights and a mat, participants will perform exercises in 20-second bursts of hard work followed by a 10-second recovery. For each muscle group, participants will execute each round for at least 4 cycles. Prepare to work to exhaustion!

12:15pm Stretch Lab with Charissa (In-Person Only) Bldg. 31 Rm. 1E04B: It's a total body stretch experience! Using straps, blocks and foam rollers, participants will move through various stretches to rejuvenate the muscles and joints. Participants will receive guidance in breathing and proper alignment to maximize the effectiveness of each posture. Please arrive early for setup and a timely start.

Monday, July 6th

6:00am Yoga Strength with Shannon: It's not a typical Yoga class! Add hand weights to this moderately paced Hatha practice and increase the intensity! Using light dumbbells and a sticky mat, participants will move through asanas (poses) with breath control while activating the mind, body and spirit.

Tuesday, July 7th

12:15pm Kickbox Repetitions with Charissa (In-Person Only) RKL II Rm. 220B:

Got kicks?! It's the ultimate cardio challenge! For at least 8 repetitions of each exercise, participants will shadowbox & kick, with coaching on proper form and alignment. Whether jabs or jump-kicks, hooks or heel strikes, this total body workout is sure to increase metabolic response and caloric burn!

1:00pm Abs & Glutes with Charissa: Say goodbye to excess weight around the waist and saggy buttocks! Strong abdominal muscles help to support the back and create ease in daily activity. By strengthening the gluteal muscles, prepare to support the lower back to help prevent back pain. In repetitions of 8, participants will perform various exercises that strengthen the abdominal and gluteal muscles. A set of light to moderate hand weights and a mat are needed to join!

Wednesday, July 8th

8:00am HIIT & Stretch with Shannon (In-Person Only) Bldg. 53: Get fit! Engage in high-intensity interval training and stretching! Using light to heavy hand weights, participants will perform exercises in bouts of 20 seconds of work followed by 10-second cycles of recovery and repeat for at least 4 rounds per muscle group. Stretches will culminate the workout session. A mat is suggested.

12:00pm Inner & Outer Thighs: Mini Band with Ashley: Tighten and tone the legs by strengthening the abductors and adductors! Strengthening the abductors and adductors is important to pelvic stability and strength and aids in preventing knee injury. For 45 seconds of work, followed by 15-second cycles of recovery, participants will perform exercises using mini bags. Loop bands and a mat are needed for this class.

12:15pm Foam Roll + Stretch with Charissa (In-Person Only) Bldg. 31 Rm. 1E04B: Aches and tightness? Look no further! Join this 30-minute stress relief session using the foam roller and blocks. Participants can expect a total body experience of myofascial release and stretching! Mats are provided.

Thursday, June 9th

8:30am Mindful Moment: Supporting regulation, resilience, and daily ease through intentional breath and awareness with Leslie: During *Chronic Conditions Awareness Month*, join us for a 15-minute mindful pause centered on steady breathing, calming the nervous system, and building resilience with chronic conditions. [Participation Link:](#)

Monday, July 13th

6:00am Max Strength: Anterior Chain with Shannon: About face! Strengthen the muscles on the front of the body that activate forward movement! Prepare to work the chest, abs, hip flexors, quadriceps and tibialis muscles, using light to heavy hand weights. Repetition-based, this advanced class is seasoned lifters and fitness enthusiasts. A mat is suggested.

Tuesday, July 14th

12:15pm Teamwork Tabata with Charissa (In-Person Only) RKL II Rm. 220B: Teamwork makes the dream work! It's high-intensity interval training w/ a partner! In a class setting, prepare to compete for best personal record! Bodyweight strength, cardio and core exercises will be explored. Prepare to sweat! It's a total body experience not to miss!

1:00pm Barre Pilates with Charissa: Strengthen the core with ballet-based conditioning and Pilates training! Using very light hand weights and a mat, participants will be coached through various exercises that are designed to lengthen and strengthen the muscles simultaneously. This low-impact, total body workout is sure to induce fat burn at rest! Get sculpted!

Wednesday, July 15th

8:00am Yoga Relax with Shannon (In-Person Only) Bldg. 53: It's an all-levels Yoga practice! Designed to relax the muscles and joints, prepare to move through fewer than 7 postures, performed with proper form, alignment, and using breath control. Connect the mind, body and spirit! Grab a sticky mat and join in!

12:00pm Upright Abs with Ashley: Strong through the feet, standing ab reps on repeat! The abdominal muscles help hold organs in place and support the back for ease in daily movement. In 45-second intervals of work, followed by 15-second cycles of recovery, participants will perform various exercises that are designed to strengthen the abdomen. No equipment is needed.

12:15pm Ab Attack with Charissa (In-Person Only) Bldg. 31 Rm. 1E04B: “Ab”solutely! Prepare to work to exhaustion! Using bodyweight and a mat, participants will engage in abdominal exercises for 30-second cycles of work followed by 10-second cycles of recovery. The abdomen supports the spine and is integral to mobility and stability. Strengthen the abs to aid in proper posture and ease of movement for daily activity. Mats will be provided.

3:00pm Non-Sleep Deep Rest: Declare Independence from Busy-ness with Allison: As we celebrate Independence Day and settle into the long, sunny days of summer, consider taking a break from the constant push of daily life. Join us this July to slow down, cool off, and recharge 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 you into a state of deep relaxation while remaining awake and aware. Research suggests NSDR may help reduce stress, improve focus, support recovery, and enhance overall well-being.

[Participation Link](#)

Monday, July 20th

6:00am Balance & Strength with Shannon: Got balance? Got strength? Grab a body bar or chair and light weights to join! Repetition-based, participants will perform various exercises that are designed to strengthen the body for mobility and stability. Commit to being fit!

Tuesday, July 21st

11:30am Mindful Moment: Creating space for connection, reflection, and meaningful self-care with Leslie: Recognizing International Self-Care Day (July 24), join us for a 15-minute mindful pause centered on intentional self-care, connection, and exploring the role of social wellness in whole-person health. [Participation Link](#)

12:15pm Summer Triathlon with Charissa (In-Person Only) RKL II Rm.220B: Cycling, Waterless Swimming, and the Treadmill aboard! Participants will spend roughly 8 minutes at each challenge with a 3-minute warm-up and 3-minute cool-down. It's a high-intensity experience packed with excitement!

1:00pm Towel Stretch with Charissa: Relax, relate, release! Grab a long towel that spans the length of both arms for this stretch experience! For at least 2-3 cycles of deep breaths, participants will hold stretches designed to relieve the major and minor muscles, as well as the joints. Expect increased range of motion, flexibility and decompression post-class. A mat is suggested.

Wednesday, July 22nd

8:00am Max Strength: Arms & Shoulders with Shannon (In-Person Only) Bldg. 53:

Be arm strong! Using moderate to heavy hand weights and body weight, participants will move through timed intervals of exercise that strengthen the biceps, triceps, and shoulders. Upper body strength is important for daily activities including lifting, pushing and pulling. Prepare to work to exhaustion!

12:00pm Compound Strength + Mobility with Ashley:

Get double the results in half the time! Designed to activate multiple muscle groups simultaneously, strengthening the body through compound training is for individuals looking to increase daily efficiency and muscular endurance. Using a pair of moderate to heavy weights, participants will perform exercises in 45-second intervals of work followed by 15-second cycles of recovery. Tap in!

12:15pm Line Dance with Charissa (In-Person Only) Bldg. 31 Rm. 1E04B: Get upwards of 1,500 steps during this 30-minute class! Dance to familiar pop, country and soul tunes with easy-to-learn line dance sequences. Feel free to wear boots and hats to add flavor and accentuate turns and lyrics.

Monday, July 27th

6:00am Yoga Calm with Shannon: Retreat from the demands of life with this restorative Yoga practice to start the day. Using a sticky mat, participants will perform asanas (poses) that open the body, help increase joint and muscle range of motion, and improve flexibility. Guided by breath, prepare to leave this practice feeling rejuvenated!

Tuesday, July 28th

12:15pm Line Dancing with Charissa (In-Person Only) RKL II Rm. 220B: Got steps?! It's the low-impact, high-energy class taking the country by storm! The average class participant accrues 1,500 steps in 30 minutes! Learn pop, soul, and country line dances that will increase happy endorphins and stimulate the brain! Participants will learn each dance and perform it to the music!

1:00pm Ball + Wall Sculpt with Charissa: Ballin'! Wall in! Sculpt and strengthen the major and minor muscle groups using a 55-75cm resistance ball and the wall! In repetitions of 16, participants will perform various exercises to tighten and tone the body. A mat will also be utilized. It's a calorie-crushing, fat-burning workout not to miss!

Wednesday, July 29th

8:00am Yoga 4 Athletes with Shannon (In-Person Only) Bldg. 53: Involve all four limbs with this total body Yoga experience! Designed to improve range of motion and flexibility in sports and exercise, participants can expect to stretch and open common areas of tightness including the hips, hamstrings and back. Breath control will be practiced for a holistic mind, body and spirit connection.

12:00pm Tabata Bootcamp with Ashley: Take the Tabata challenge! Reach maximal fitness and health benefits in a minimal amount of time! In bursts of 20 seconds of hard work followed by 10-second cycles of recovery, participants will engage in high-intensity interval exercises for at least 4 rounds for each muscle group. Strength, core and cardiovascular training will be performed...prepare to sweat!

12:15pm Line Dance with Charissa (In-Person Only) Bldg. 31 Rm. 1E04B: Back again by popular demand! Close the month with dancing galore! Learn and perform popular line dances for an exhilarating class experience! Whether pop, soul or country, participants are sure to leave with the endorphin high that dance induces!

Non-Sleep Deep Rest – Slow Down and Refresh with Allison: As we celebrate Independence Day and settle into the long, sunny days of summer, consider taking a break from the constant push of daily life. Join us this July to slow down, cool off, and recharge 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 you into a state of deep relaxation while remaining awake and aware. Research suggests NSDR may help reduce stress, improve focus, support recovery, and enhance overall well-being. [Participation Link](#)