

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

Descriptions: All levels are welcome!

Monday, June 1st

6:00am Strength & Stability with Shannon: Get stronger and more stable! Using light weights and a mat, participants will move through repetition-based sets of exercises that strengthen the major and minor muscle groups. Expect to receive coaching on proper alignment to avoid injury and improve posture for daily activities.

Tuesday, June 2nd

12:15pm Ball + Wall Sculpt with Charissa: From the ball...to the wall! Prepare to sculpt it all! This total body toning class involves strengthening the major and minor muscle groups using a 55”-75” Swiss ball and the wall. Repetition-based, participants will perform 2 sets of 8 repetitions of each exercise. A mat is also recommended.

1:00pm Treadmill Training with Charissa (In-Person Only) RKL II Rm. 220B: Increase cardiovascular endurance and strength with treadmill training! Whether hills or flat roads, head winds or sand, participants will be challenged with various terrains to improve overall health. Interval based, prepare to sweat! First come, first served; arrive early.

Wednesday, June 3rd

8:00am Balanced Body Strong with Shannon (In-Person Only) Bldg. 53: Increase mobility and strength! Using a body bar and light hand weights, participants will move through balance training exercises, with a focus on proper alignment and posture. Repetition-based, prepare to increase knowledge of how to prevent falls and bone loss!

12:00pm 360 Circuit with Ashley: Get fit with this circuit! In an interval of 45 seconds of work followed by a 15-second period of recovery, participants will perform an exercise and repeat it for at least 2 cycles. Prepare to work to exhaustion! A set of moderate to heavy hand weights and a mat are needed to join.

12:15pm Stretch + Flow with Charissa (In-Person Only) Bldg. 31 Rm. 1E04B: Let it go...stretch and flow! With a focus on breath control and proper alignment, participants will move through various stretches to benefit the major and minor muscle groups. Whether blocks or straps, props will be introduced to increase range of motion and flexibility in each stretch, held for 2 -3 cycles of breath. Mats are provided. Bring a friend and join in!

Monday, June 8th

6:00am Summer Yoga Summer with Shannon: Retreat from the heat with this midday Yoga class! Designed for all levels, prepare to connect the mind, body and spirit in performance of asanas that pay homage to Hindu deities while increasing flexibility and awareness. Get grounded!

Tuesday, June 9th

12:15pm Barre + Pilates with Charissa (In-Person Only) RKL II Rm. 220B: Barre is performed while standing, and Pilates is performed on the floor! Get the best of both worlds during this high-intensity, low-impact experience! Using light weights and a mat, participants will move through exercises in repetitions of 8 for 2 rounds. It's a calorie-crushing, fat-burning workout not to miss!

1:00pm Wall Stretch with Charissa: Feeling tense or tight? After this stretching session, expect to feel lighter! Using a mat and the wall, participants will move into stretches that are designed to decompress, open, and/or increase muscle and/or joint range of motion. It's a total body experience not to miss! A strap is optional.

Wednesday, June 10th

8:00am Tabata + Stretch with Shannon (In-Person Only) Bldg. 53: Got HIIT? High-intensity interval training is not for the weak! Tabata is designed to induce exhaustion through bouts of hard work followed by short recovery. In a 20-second interval of maximal exertion, after which consists of a 10-second rest period, participants will perform various strength and cardio exercises and repeat for up to 4 rounds. Stretches will be incorporated to achieve a total body workout

12:00pm Compound Strength: Upright with Ashley: Got strength? Performed while standing, participants will use a set of moderate to heavy weights to increase power and endurance in 45-second intervals of work followed by 15-second cycles of recovery. Prepare to activate the major and minor muscle groups.

12:15pm Core on the Floor with Charissa (In-Person Only) Bldg. 31 Rm. 1E04B: A strong core often equates to a strong body! Because the limbs radiate from the core, strengthening the center is essential to ease in daily activity. Using body weight, prepare to move through repetitions of 8 exercises for 2 rounds. A mat is provided.

3:00pm Non-Sleep Deep Rest – Slowing Down with Allison: As the Summer Solstice approaches and the days grow longer, many of us find ourselves moving at full speed with work deadlines, graduations, travel, and shifting summer routines. As the energy and heat of summer begin to build, this is also an important time to pause, slow down, and reconnect with rest, Join us this month for the practice of non-sleep deep rest (NSDR), a guided practice rooted in the ancient tradition of yoga Nidra ("Nidra" meaning sleep). Through mindful breathing, body awareness, and guided relaxation, NSDR helps calm the nervous system while bringing the body into a state of deep rest and restoration. [Participation Link](#)

Monday, June 15th

6:00am Max Strength: Shoulders + Upper Back with Shannon: Up the ante with power lifting! Using heavy weights- with moderate weights on standby- participants will move through repetition-based shoulders and thoracic exercises in sets of 4. Prepare to work to exhaustion! This is an advanced level class for those experienced in strength training. Expect to induce fat oxidation at rest!

Tuesday, June 16th

12:15pm Cycling Revolution! with Charissa (In-Person Only) RKL II Rm. 220B: Induce shock to the body with interval-based cycling challenges! Crush calories and increase metabolic response by traveling various terrains to pop music! With top hits from the 50s to the 2000s, this high-energy, low-impact workout is sure to release happy endorphins for all willing to join the revolution!

1:00pm Barre Sculpt with Charissa: Lengthen and strengthen the body simultaneously with ballet-inspired conditioning! In repetitions of 8, participants will flow through exercises using very light hand weights and a fitness mat. It's a low-impact, high-intensity workout for all! Don't miss it!

Wednesday, June 17th

8:00am Yoga Fit with Shannon (In-Person Only) Bldg. 53: Avid sports or fitness enthusiast? Join this class designed to increase performance range of motion and flexibility! Using a mat, prepare to move through various asanas while focusing on correct posture, alignment and controlled breath. Connect the mind, body and spirit and achieve wholistic health benefits.

12:00pm Tabata Bootcamp with Ashley: Get fit with HIIT! This high-intensity interval training class involves performing various exercises in 20-second intervals of hard work followed by 10-second recovery intervals using bodyweight and a fitness mat. For each muscle group, at least 4 rounds can be expected. This workout can be done on the beach or in a bedroom! Commit and do it!

12:15pm Foam Roll + Stretch with Charissa (In-Person Only) Bldg. 31 Rm. 1E04B:

Flex, Decompress & Stretch! Using props like straps, foam rollers and blocks, participants will be guided through stretches and myofascial release to rejuvenate the body. Step away from the desk...and de-stress! This is a total body experience not to miss!

Monday, June 22nd

6:00am Yoga 4 Athletes with Shannon: It's a practice for sports competitors and fitness enthusiasts alike! With a focus on muscles and joints that are typically compromised or overworked, this Yoga class is designed to increase range of motion, flexibility, decompress the spine, and lengthen. Prepare to connect the mind body and spirit! A mat is suggested.

Tuesday, June 23rd

12:15pm Total Body Stretch with Charissa (In-Person Only) RKL II Rm. 220B: Let's get stretched! Reserve 30 minutes of the midday to stretching. Using a mat while incorporating controlled breaths, participants will flow through stretches designed to relieve the joints along with the major and minor muscles of the body. Reduce stress and duress from exercise, sitting for lengthy durations, or health conditions and medications. It's a calm, cadenced experience not to miss!

1:00pm Floor Stretch + Strap with Charissa: Need body ache relief? Stretching is recommended! Using a strap or long towel, participants will engage in various stretches for the major and minor muscle groups and joints. Each stretch will be held for at least 2 cycles of elongated breaths to achieve maximum health benefits. Grab a mat and a friend and let's get to stretching! All are welcome!

Wednesday, June 24th

8:00am Core Fusion with Shannon (In-Person Only) Bldg. 53: Get core fit! Using light hand weights, participants will perform core exercises in repetitions of 8. The core is important to movement and ease in daily activities. By strengthening the core, prepare to strengthen the entire body! A mat is optional.

12:00pm Tabata Strength with Ashley: Got strength? Achieve maximal health benefits in a minimal amount of time with Tabata training! Using a pair of moderate to heavy weights and a mat, participants will perform strength exercises in 20-second intervals of work followed by 10-second intervals of recovery. Prepare to work to exhaustion!

12:15pm Line Dance with Charissa (In-Person Only) Bldg. 31 Rm. 1E04B: By demand, let's hitch again! Review and learn new country, pop and soul line dances! Whether weddings, festivals, concerts, reunions, work events, or celebrations, be prepared to hit the dance floor! In counts of 8, easy to moderate line dances will be performed. It's a high-energy, low-impact experience not to miss!

3:00pm Non-Sleep Deep Rest: Creating Stillness with Allison: As the Summer Solstice approaches and the days grow longer, many of us find ourselves moving at full speed with work deadlines, graduations, travel, and shifting summer routines. As the energy and heat of summer begin to build, this is also an important time to pause, slow down, and reconnect with rest. Join us this month for the practice of non-sleep deep rest (NSDR), a guided practice rooted in the ancient tradition of yoga Nidra ("Nidra" meaning sleep). Through mindful breathing, body awareness, and guided relaxation, NSDR helps calm the nervous system while bringing the body into a state of deep rest and restoration. [Participation Link](#)

Monday, June 29th

6:00am Core Strength + Bands with Shannon: "Core"-ageous? Take the challenge! Using resistance bands and/or loop bands and a mat, participants will perform strengthening exercises designed for the trunk. The core is integral to movement and important to mobility and stability. This repetition-based workout is one not to miss!

Tuesday, June 30th

12:15pm Line Dance with Charissa (In-Person Only) RKL II Rm, 220B: Get in the groove, it's time to move! Keep reaction time, memory and coordination sharp with line dancing! Typically, each song is 32-counts, performed to soul, country and pop line dances. The instructor teaches each sequence slowly before dancing the song in entirety with participants. Boost mood and confidence with line dancing!

1:00pm Bodyweight Sculpt with Charissa: Who needs dumbbells? Who needs machines? Take this workout anywhere! Using one's own body weight, participants will perform low-impact, high-intensity exercises that strengthen the major and minor muscle groups. 30-second intervals of work followed by 10-seconds cycles of recovery can be expected. Grab a mat and join in!