"Fitness for You" November 2026 Virtual & In-Person Fitness Descriptions: All levels are welcome!

Monday, November 2nd

6:00am Trunk Strength Fusion with Shannon: Got strength? A strong trunk is often congruent with a strong body! Repetition-based, participants will perform core exercises using light hand weights. Improve posture, confidence, and ease of daily activities by strengthening the center. It's an all-levels class not to miss!

Tuesday, November 3rd

7:30am Yoga Strong with Shannon (In-Person Only) Bldg. 53: Get Yoga strong! This non-traditional Yoga class involves incorporating hand weights with poses, for a higher intensity practice! Using a Yoga mat, prepare to be instructed on postural alignment and breath control while performing various asanas (poses).

12:15pm Slow Stretch + Flow with Charissa (In-Person Only) RKL II Rm. 220B: Performed to gentle, calming music, participants will flow through various stretches to improve flexibility and muscle and joint range of motion. Stretching is recommended daily and enhances blood circulation throughout the body. Leave the desk and get refreshed! Mats are provided

1:00pm Tabata Chair Fitness with Charissa: Prepare to put respect on the chair fitness name! This low impact, high-intensity workout is designed to induce exhaustion! With a focus on proper posture and form in performance of each exercise, participants will engage in 20 seconds of hard work followed by a 10-second recovery and repeat for 4 cycles. Whether sitting in the chair or using the chair as a prop, this is a HIIT class not to miss!

Wednesday, November 4th

12:00pm Upright Conditioning with Ashley: Get in shape with standing strength exercises! Using moderate to heavy weights, participants will engage in a 45-second interval of work followed by a 15-second recovery cycle and repeat. By remaining upright, train the body for daily activity and mobility! Prepare to activate the major and minor muscle groups!

12:15pm Foam Roll + Stretch with Charissa (In-Person Only) Bldg. 31 Rm. 1E04B: Begin the month with clarity and calm! A foam roller and fitness mat will be utilized to achieve myofascial release for pain-free functionality for daily activity. Participants will be coached on proper breathing while also improving lymphatic flow in the body. Equipment will be provided.

Thursday, November 5th

8:30am Mindful Moment: 15-minute Meditation on Holding Space for the Caregiver Within with Leslie: As we observe **National Family Caregivers Month**, this session focuses on balancing care for others with care for ourselves. Through guided reflections using visual imagery and breathwork, participants will explore how moments of rest, gratitude, and self-compassion can help sustain the energy and presence that caregiving requires. **Participation Link**

Monday, November 9th

6:00am Yoga 4 Athletes with Shannon: Get all 4 limbs activated! Using a block and a strap, attendees will move through yoga poses that are designed to improve flexibility, muscle and joint range of motion, and ease of movement for sports and daily activities! Participants will be instructed on how to perform asanas (poses) in proper alignment and with breath control. A Yoga block and strap is recommended.

12:15pm Functional Fitness Training with Charissa (In-Person Only) Bldg. 53: Improve ease of daily activity with functional fitness training! Using light to heavy hand weights and other equipment, participants will engage in exercises that strengthen the major and minor muscle groups. Performed in intervals of 30 seconds of work followed by 10 seconds of recovery for 2 rounds, it's a low-impact, high-intensity interval workout

3:00pm Non-Sleep Deep Rest: Honoring Service Through Rest and Renewal with Allison: In recognition of Veterans Day, this NSDR practice invites us to pause and reflect on the importance of service, resilience, and self-care. Whether we serve our country, our communities, our families, or others, taking time to rest and replenish ourselves is an important part of sustaining our well-being. Through mindful breathing, body awareness, and guided relaxation, we'll cultivate a sense of inner steadiness, peace, and renewal. **Participation Link**

Tuesday, November 10th

7:30am Core Fusion with Shannon: Got core strength? Build postural endurance, improve functionality for daily activity and mitigate back pain and fatigue with core strengthening! Using light to heavy hand weights, participants will perform exercises that strengthen the trunk and surrounding muscle groups.

12:15pm Mat Pilates with Charissa (In-Person Only) RKL II Rm. 220B: Got Pilates? It's the mind-body class that stands the test of time! Low impact yet high intensity, Pilates involves incorporating key principles to achieve a stronger and leaner look. Using a sticky mat and very light hand weights, participants will flow through classical and contemporary Pilates exercises. It's a transformative experience not to miss!

1:00pm Strap Stretch with Charissa: Let's stretch! Using a strap, belt, or long thin towel, participants will flow through various stretches to rejuvenate muscles, joints, and the overall body. At least 15 seconds will be reserved for each stretch. Controlled breathing will be coached throughout the class. It's total body restoration not to miss!

Friday, November 13th

12:00pm Mini Band Hips + Thighs with Ashley: Got resistance? Strengthen the hip complex with loop bands! Using a mini band and a mat, participants will perform exercises in a 45-second interval of work followed by a 15-second recovery interval and repeat. Improve hip stability for daily activity!

12:15pm Total Body Resistance with Charissa (In-Person Only) Bldg. 31 Rm. 1E04B: Sculpt and strengthen with resistance training! Using loop bands and other resistance bands, participants will perform various exercises that tighten and tone the total body. Repetition-based, it's a low-impact, high-intensity experience.

Monday, November 16th

12:15pm Fun Functional Fitness with Charissa (In-Person Only) Bldg. 53: Who says exercise can't be fun? Lift, push, and pull to oblivion! Using props and fitness equipment, participants will engage in various challenges that are designed to induce laughter and results! Safety first, proper posture, alignment and breathing techniques will be coached. Interval-based, it's a total body workout not to miss!

Tuesday, November 17th

7:30am Yoga 4 Athletes with Shannon (In-Person Only) Bldg. 53: Whether an athlete or a fitness enthusiast, this practice is designed to improve muscle and joint range of motion, flexibility and ease in sports, exercise, and functional movement. Using a Yoga mat, participants will perform asanas (poses) with a focus on spatial awareness, breath control and correct alignment, through guided coaching of the instructor.

11:30am Mindful Moment: 15-Minute Pause Before the Holiday Season with Leslie: As daily responsibilities and holiday preparations begin to accumulate, the simple act of pausing can be transformative. This mindfulness session will explore how a guided, intentional mindful pause can be cultivated as a daily ritual. A mindful pause can reduce stress, increase awareness, and help us navigate the holiday season with greater focus, gratitude, and peace. **Participation Link**

12:15pm Cycling with Charissa (In-Person Only) RKL II Rm. 220B: It's time for a revolution…every pedal stroke counts! Participants will be coached through 30 minutes of exhilarating terrains! Interval-based, 30-second, 45-second, and 1-minute challenges will be explored. Rain, sleet, snow, or shine, with a stationary bike, nothing stops a ride!

1:00pm Bodyweight HIIT Strength with Charissa: Got gains? Take the bodyweight strength challenge! For two 30-second intervals of hard work, prepare to push into anaerobic threshold to induce a shock to the metabolism, just in time for the holidays! Proper alignment and posture will be coached. A fitness mat and can-do attitude is all that's needed!

Wednesday, November 18th

6:00am Posterior Chain Strength with Shannon: Upgrade the mundane, get in the stronger lane! This advanced strengthening class for the posterior chain involves using heavy hand weights in repetition, until exhaustion! Increase strength of the calves, hamstrings, glutes, lats, lower and upper back to improve posture and decrease injuries. Tap in!

12:00pm Tabata Bootcamp with Ashley: Incite metabolic shock with Tabata! Tabata is high-intensity interval training that spikes metabolic activity during exercise and incites caloric burn afterward! For a 20-second burst of hard work followed by a 10-second cycle of recovery, perform and repeat! It's a transformative workout not to miss! The only equipment needed is a fitness mat.

12:15pm Pilates + Ring with Charissa (In-Person Only) Bldg. 31 Rm. 1E04B: Strengthen and lengthen the body simultaneously! Pilates is a mind-body class that illicit transformation of the major and minor muscle groups, leading to a leaner look! Key principles include breathing, centering, concentration, control, precision, and flow. A mat and Pilates ring will be provided.

Monday, November 23rd

6:00am Bodyweight Tabata + Stretch with Shannon: Got HIIT? High intensity interval training is especially beneficial for the time-crunched professional! Tabata is a HIIT workout designed to incite maximum health and fitness benefits in a minimal amount of time. Using bodyweight, participants will engage in a 20-second interval of hard work, immediately followed by a 10-second recovery interval and repeat, for at least 4 cycles for each muscle group and/or exercise. A mat is suggested.

3:00pm Non-Sleep Deep Rest: Cultivating Gratitude and Nourishment with Allison: Non-Sleep Deep Rest: Cultivating Gratitude and Nourishment: As Thanksgiving approaches, take 30 minutes to slow down, nourish yourself, and cultivate gratitude for the many ways our bodies support us each day. Through mindful breathing, body awareness, and guided relaxation, we'll explore how rest can support the body's natural processes of digestion and restoration while creating space for greater appreciation, contentment, and ease. This practice offers an opportunity to feel grounded and nourished as we enter the holiday season. **Participation Link**

Tuesday, November 24th

7:30am Strong & Stable with Shannon (In-Person Only) Bldg. 53: Reduce fall risk! The 2nd leading cause of accidental deaths worldwide is from falls. Using light to heavy hand weights, attendees will engage in repetition-based exercises that improve balance, posture, and overall body strength. Increase longevity and ease of daily movement with this 30-minute class!

12:15pm Line Dance with Charissa (In-Person Only) RKL II Rm. 220B: Tap away, it's a line dance party! Learn to perform pop, soul, and country line dances! Whether a novice or seasoned line dancer, this is a high-energy, heart-pumping experience for all fitness levels! Bring a friend and join in!

1:00pm Light Weight Strength with Charissa: Don't be fooled! Light weights do not always equate too easily! Using 5 pounds or less, participants will be guided through exercises for the major and minor muscle groups that are sure to induce exhaustion! Receive guidance on proper posture and alignment along with breath control. A mat and very light hand weights are recommended. Tap in!

Wednesday, November 25th

12:00pm Standing Abs with Ashley: Activate abdominal strength and mobility while performing exercises upright! Improve balance and ability to perform daily activities with standing abdominal training! For 45 seconds of work, followed by 15 seconds of recovery, participants will engage in an ab workout that will get the heart pumping and burning calories! No equipment needed.

12:15pm Line Dance with Charissa (In-Person Only) Bldg. 31 Rm. 1E04B: Get in the groove, the body is made to move! Learn fun and easy-to-moderate line dances while accumulating steps! The average 30-minute class boasts over 1,500 steps! Improve mood and cardiovascular health with line dancing!

Monday, November 30th

6:00am Yoga for Holiday Recovery with Shannon: Got Yoga? Yoga is a spiritual practice designed to illicit mind-body connection. For 30 minutes, participants will move through calming Yoga poses while being coached on correct form, alignment and breath control. A Yoga mat is recommended.