

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

Fitness Descriptions: All levels are welcome!

Monday, October 5th

6:00am Core Fusion with Shannon: Be "core"ageous, get fit! Perform bodyweight exercises with a focus on the trunk! Repetition-based, participants will engage in a total body workout designed to challenge novice and seasoned fitness enthusiasts alike! Grab a mat and join in!

8:30am Mindful Moment: Strength, Hope, and Self Compassion with Leslie: October's Breast Cancer Awareness Month offers an opportunity to reflect on the resilience of the human spirit, the importance of caring for our health, and the power of community support. This meditation invites participants to cultivate self-compassion, gratitude for what their bodies do for them each day, and compassion for loved ones, colleagues, patients, and community members who may be facing health challenges. The practice emphasizes hope, healing, courage, and the reminder that we are stronger when we support one another. [Participation Link](#)

Tuesday, October 6th

7:30am Max Strength Trunk: Advanced with Shannon (In-Person Only) Bldg. 53: A strong center often equates to a strong body! Level up with high-intensity training! Repetition-based, participants will perform exercises to strengthen the chest, abdominals, hips, and back.

12:15pm Cycling with Charissa (In-Person Only) RKL II Rm. 220B: Ready for the revolution? While the wheels are turning, calories are burning! Join this 30-minute ride of unexpected terrain...whether hills, mud or flat roads, it's a high-energy experience not to miss! Learn proper hand positions, posture and breathing to benefit outdoor rides too! Bring a water bottle, towel, and prepare to sweat!

1:00pm Chair Fitness with Charissa: Want a workout at the workplace? Got an injury? Or simply just want to remain stationary? Look no further! Using a stationary chair, participants will perform strength, cardio and ab exercises in repetitions of 8 for 2 rounds. A few exercises using the chair will be performed standing. Expect to sweat! Light to moderate hand weights will be utilized.

Wednesday, October 7th

12:00pm Standing Strength: Upper Body with Ashley: Train for longevity! This high-intensity class focuses on strengthening the upper body for the demands of daily life. Using a pair of moderate to heavy dumbbells, participants will be guided through exercises that strengthen the biceps, triceps, chest, shoulders, back and abdomen, performed in 45-second intervals of work followed by 15-second cycles of recovery. Get upper body strong!

12:15pm Foam Roll + Stretch with Charissa (In-Person Only) Bldg. 31 Rm. 1E04B: With ease, engage in myofascial release! Using a foam roller and a mat, participants will engage in stretches for the total body in response to the demands of daily life. Whether shortened hamstrings and compressed spines due to long hours sitting or curvature of the neck forward from extended cell phone use, the stress of misalignment in the posture can lead to pain, strain and injury. Circumvent and correct it!

Tuesday, October 13th

6:00am Yoga with Shannon: Explore this Hatha-based practice to increase flexibility, consciousness, and overall wellbeing. With each asana (pose) participants will be guided on proper alignment and form. Breath control will be practiced. Get Yoga fit!

7:30am Hip Stability & Strength with Shannon (In-Person Only) Bldg.53: Hip day? Join this 30-minute class devoted to strengthening the hips! Using moderate hand weights, participants will perform repetition-based exercises that will increase the heart rate and challenge the hip flexors, extensors, abductors and adductors. Bring a friend and join in!

Wednesday, October 14th

12:00pm Standing Strength: Lower Body Strength with Ashley: It's all about the lower body! Using a pair of moderate to heavy dumbbells, participants will perform various strengthening exercises for the hips, hamstrings, quadriceps, calf muscles, and feet. In intervals of 45 seconds of work followed by 15 seconds of recovery, prepare to blast calories and fat! It's a transformative experience not to miss!

12:15pm Mat Pilates with Charissa (In-Person Only) Bldg. 31 Rm. 1E04B: Stretch and strengthen simultaneously for a longer, leaner look! With breath control, participants will perform classical Pilates exercises for health of the center and total body. It's a transformative experience not to miss! A sticky mat and Pilates ring will be provided.

1:15pm Functional Fitness with Charissa (In-Person Only) Bldg. 53: Gain strength and stability for daily activities! With guidance on proper breathing, posture, and alignment, participants will engage in strength training influenced by common movement performed during day-to-day tasks. For 30 seconds, participants will execute exercises followed by a 10-second break and repeat with heavier weight.

3:00pm Non-Sleep Deep Rest: Returning Inward for Steadiness and Ease with Allison: In recognition of Emotional Wellness Month, take 30 minutes to step away from the busyness of the day and reconnect with a sense of steadiness within. Through mindful breathing, body awareness, and the deeply restorative practice of NSDR, we'll explore how slowing down can help us feel more grounded, centered, and emotionally balanced. Rooted in the ancient practice of yoga Nidra ("Nidra" meaning sleep), NSDR combines mindful breathing, body awareness, and guided relaxation to help quiet the nervous system while remaining present and aware.

[Participation Link](#)

Thursday, October 15th

12:15pm Foam Roll + Stretch with Charissa (In-Person Only) RKL II Rm. 220B: Tight and tense muscles and joints? Get relief with stretching and myofascial release! Using a fitness mat and a foam roller, attendees will engage the total body for the health of the circulatory. Prepare to flush the lymphatic system of toxins! This rejuvenating experience is not one to miss!

1:00pm Mat Pilates with Charissa: Connect the mind and body with Pilates! Participants will flow through various exercises that strengthen and stretch muscles simultaneously. Prepare to incorporate key principles like precision, control, centering, flow, breathing and concentration to achieve optimal results! Using a sticky mat and light weights, participants will work to exhaustion!

Monday, October 19th

6:00am Balance and Strength with Shannon: With falls being the 2nd leading cause of unintentional injury deaths in the world, getting stronger and increasing balance is important to overall fitness and health. Bone health is maintained with strength training. Using light hand weights and a balance bar, participants will perform exercises to improve mobility and strength. Repetition-based, proper alignment and posture will be coached.

2:45pm Mindful Moment: Embracing Change - Lessons from Autumn with Leslie: As autumn arrives, nature reminds us that change is both inevitable and beautiful. Just as leaves release what they no longer need, we can use this season to reflect on what we are ready to let go of and what we wish to nurture moving forward. This meditation encourages participants to slow down, notice the transitions around them, and embrace change with acceptance rather than resistance. Participants will explore gratitude for the present moment while setting intentions for the months ahead. [Participation Link](#)

12:15pm Total Body Stretch with Charissa (In-Person Only) Bldg. 31 Rm. 1E04B: Let's get to stretching! The benefits of stretching are many! Using a sticky mat and props, participants will flow through stretches for the major and minor muscle groups. Breath control, proper alignment, and posture will be coached. This rejuvenating midday experience is designed to leave participants calm for the day and weekend ahead!

1:15pm Fun Functional Fitness with Charissa (In-Person Only) Bldg. 53: Are the demands of daily life resulting in stress on bones and muscles? Learn proper spatial positioning and posture for the demands that exist day to day. Using hand weights and provided equipment, participants will perform exercises for 60 seconds followed by a 15-second recovery and repeat.

Tuesday, October 20th

7:30am Yoga Strong with Shannon (In-Person Only) Bldg. 53: Be yogi strong! Perform authentic Yoga poses with hand weights! Using a sticky mat and light to moderate dumbbells, participants will move through various asanas for strength of the mind, body, and spirit.

12:15pm Bodyweight Strength with Charissa (In-Person Only) RKL II Rm. 220B: Get fit with bodyweight training! For 2 rounds of 8 repetitions, participants will perform various exercises using no equipment...just oneself! Sculpt and strengthen the body to benefit the bones and muscles! This high-intensity, low-impact class is sure to induce fat oxidation at rest!

1pm Total Body Strength with Charissa: Strengthening the bones and muscles for functional mobility! Using moderate to heavy hand weights, participants will perform strength exercises to benefit the major and minor muscle groups. Incite fat oxidation at rest! A fitness mat will be utilized also.

Wednesday, October 21st

12:00pm Total Body Tabata with Ashley: Tabata is a high-intensity interval class that is designed to garner maximal fitness results in a minimal amount of time. Tabata involves performing exercises in a 20-second cycle of hard work followed by a 10-second cycle of recovery and repeat. Grab moderate to heavy weight dumbbells and a mat to join!

12:15pm Resistance Band Sculpt with Charissa (In-Person Only) Bldg. 31 Rm. 1E04B: Tighten and tone the body with resistance training! Repetition-based, varying types of resistance bands will be used to strengthen the muscles and bones. In sets of 8, participants will perform exercises with guidance on proper posture, form, and alignment. This total body experience is packed with benefits and will leave participants energized and invigorated for the day!

Monday, October 26th

6:00am Yoga Recharge with Shannon: Reconnect the mind, body and spirit! This spiritual practice involves performing asanas (poses) that decompress, open and stretch the muscles. Participants will be coached on proper alignment and spatial posture for each pose. A Yoga mat is suggested.

12:15pm Strap Stretch for Back Relief with Charissa (In-Person Only) Bldg. 31 Rm. 1E04B: Get relief from back pain with stretching...using a strap! Prolonged sitting- whether driving, due to a desk job, or for various other reasons- can cause spinal compression and a kinetic chain of other issues. This 30-minute stretch session is designed to help mitigate stress! Using deep breathing techniques and proper alignment, participants will flow through various stretches that support spinal health.

Tuesday, October 27th

7:30am Bodyweight Strength with Shannon (In-Person Only) Bldg. 53: It's the workout that can be done almost anywhere! When training using body weight, the location nor the time are an issue! Whether pushups, squats or planks, prepare to push the major and minor muscle groups to exhaustion! Strengthen the bones and incite fat oxidation at rest! Repetition-based, proper form and alignment will be coached.

12:15pm Line Dance with Charissa (In-Person Only) RKL II Rm. 220B: Rack up steps with line dancing! Per NIH, healthy adults take at least 4,000 steps a day. The average 30-minute class boasts at least 1,000 steps! Get moving and have fun doing it! Participants will learn pop, soul, and country line dances while inducing happy endorphins! Come join the dance workout taking the country by storm!

1:00pm Stretch for Back Relief with Charissa: Back pain? Get relief with decompression and oppositional stretching! Using a fitness mat, participants will be guided through stretches that are designed to help relieve stress in the spine. Breath control will be practiced improving the overall effectiveness of each movement.

Wednesday, October 28th

12:00pm Tabata Bootcamp with Ashley: It's back to the basics with Boot Camp! In intervals of 20 seconds of work followed by 10 seconds of recovery, participants will engage in exercises like pushups, squats, and lunges. This high-intensity, low impact workout is for all levels!

12:15pm Line Dance with Charissa (In-Person Only) Bldg. 31 Rm. 1E04B: Grapevine, stomp, toe, and heel, get into the rhythm, oh how giddy you'll feel! Dance has been proven to induce happy endorphins. Because the body is made to move, continual motion is advantageous to physical and mental health! Learn popular line dances to high-energy songs!

3:00pm Non-Sleep Deep Rest: Grounding into Fall with Allison: As we move deeper into fall, this NSDR practice invites you to slow down, settle into stillness, and create a sense of grounding from within. Through breath, body awareness, and guided relaxation, we'll cultivate the qualities of steadiness, warmth, and ease that can help balance the increased activity and change that often accompany the fall season. Rooted in the ancient practice of yoga Nidra ("Nidra" meaning sleep), NSDR combines mindful breathing, body awareness, and guided relaxation to help quiet the nervous system while remaining present and aware. [Participation Link](#)