

Virtual “Fitness for You” Classes



December 2024 Facebook Live

<https://www.facebook.com/pg/NihRwFitness/videos/>

S	Day	Time	Program	Trainer
12-2	Monday	6:00am – 6:30am	Strength & Stretch	Shannon
12-2	Monday	8:00am – 8:30am	Yoga Relax – In-Person Only (Bldg.53)	Shannon
12-3	Tuesday	12:15pm – 12:45pm	Abs, Glutes + Back	Charissa
12-3	Tuesday	1:00pm – 1:30pm	Trial Triathlon – In-Person Only (RKL II Rm. 220-B)	Charissa
12-4	Wednesday	12:00pm – 12:30pm	Mobility Tabata Cardio	Ashley
12-4	Wednesday	3:00pm – 3:30pm	Non-Sleep Deep Rest: Taking Time to Slow Down Participation Link	Allison
12-5	Thursday	12:15pm – 12:45pm	Slow Stretch & Flow	Charissa
12-6	Friday	6:00am – 6:30am	Yoga Strong	Shannon
12-6	Friday	12:00pm – 12:30pm	Standing Abs	Ashley
12-9	Monday	6:00am – 6:30am	Core Intensive	Shannon
12-10	Tuesday	12:15pm – 12:45pm	Jazzy-cise Dance	Charissa
12-10	Tuesday	1:00pm – 1:30pm	Core on the Floor – In-Person Only (RKL II Rm. 220-B)	Charissa
12-11	Wednesday	12:00pm – 12:30pm	360 Circuit	Ashley
12-12	Thursday	12:15pm – 12:45pm	Sitting Towel Stretch	Charissa
12-13	Friday	6:00am – 6:30am	Body Weight HIIT	Shannon
12-13	Friday	12:00pm – 12:30pm	Upright Abs + Cardio	Ashley
12-16	Monday	6:00am – 6:30am	Max Strength: Glutes, Abs, Hips	Shannon
12-16	Monday	8:00am – 8:30am	Yoga 4 Athletes	Shannon
12-17	Tuesday	12:15pm – 12:45pm	Abs on Floor	Charissa
12-18	Wednesday	12:00pm – 12:30pm	Compound Strength	Ashley
12-18	Wednesday	3:00pm – 3:20pm	Mindful Moment: Allow Yourself the Gift of Relaxation Participation Link	Allison
12-19	Thursday	12:15pm – 12:45pm	Chair Stretch	Charissa
12-20	Friday	6:00am – 6:30am	Mobility Strength & Stretch	Shannon
12-20	Friday	12:00pm – 12:30pm	Tabata Mobility Bootcamp	Ashley
12-23	Monday	6:00am – 6:30am	Yoga Relax	Shannon
12-23	Monday	12:00pm – 12:30pm	Total Body Tabata	Ashley
12-24	Tuesday	6:00am – 6:30am	Bodyweight HIIT + Stretch	Charissa
12-26	Thursday	12:15pm – 12:45pm	Post-Holiday Wall Stretch	Charissa
12-27	Friday	6:00am – 6:30am	Balance & Strength	Shannon
12-27	Friday	12:00pm – 12:30pm	Mini-Band Abs + Glutes	Ashley
12-30	Monday	6:00am – 6:30am	Frontal Plane Flex	Shannon
12-30	Monday	12:00pm – 12:30pm	Gliders	Ashley
12-31	Tuesday	6:00am – 6:30am	Pre-Year Pilates	Charissa