

# Virtual “Fitness for You” Classes



## November 2024 Facebook Live

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

Date	Day	Time	Program	Trainer
11-1	Friday	6:00am – 6:30am	Strong & Lean	Shannon
11-1	Friday	12:00pm – 12:30pm	Mobility Balance Sculpt	Ashley
11-4	Monday	6:00am – 6:30am	Yoga Strong	Shannon
11-5	Tuesday	12:15pm – 12:45pm	Election Day Stretch & Flow	Charissa
11-6	Wednesday	12:00pm – 12:30pm	Upper Body Stretch	Ashley
11-7	Thursday	12:15pm – 12:45pm	Spinal Decompression & Opening Stretch	Charissa
11-8	Friday	6:00am – 6:30am	Core on the Floor	Shannon
11-8	Friday	8:30am – 9:00am	Non-Sleep Deep Rest: Nourish Your Body with Stillness <a href="#">Participation Link</a>	Allison
11-8	Friday	12:00pm – 12:30pm	Lower Body Strength	Ashley
11-12	Tuesday	12:15pm – 12:45pm	Barre Flow Repetitions	Charissa
11-12	Tuesday	1:00pm – 1:30pm	<b>Core Craze of Floor (In-Person Only RKL II Rm. 220-B)</b>	Charissa
11-13	Wednesday	6:00am – 6:30pm	Minute to HIIT It!	Shannon
11-13	Wednesday	12:00pm – 12:30pm	Total Body 360	Ashley
11-14	Thursday	12:15pm – 12:45pm	Stretch & Go!	Charissa
11-15	Friday	6:00am – 6:30am	Maximum Strength: Biceps, Triceps + Core	Shannon
11-15	Friday	12:00pm – 12:30pm	Standing Abs	Ashley
11-18	Monday	6:00am – 6:30am	Mobility Strength & Stretch	Shannon
11-4	Monday	8:00am – 8:30am	<b>Yoga Relax (In-Person Only Bldg.53)</b>	Shannon
11-18	Monday	12:00pm – 12:15pm	Mindful Moment: Embracing the Messy Holiday Season <a href="#">Participation Link</a>	Leslie
11-19	Tuesday	12:15pm – 12:45pm	Bodyweight Trunk Sculpt	Charissa
11-19	Tuesday	1:00pm – 1:30pm	<b>Turkey Trot: Treadmill (In-Person Only RKL II Rm. 220-B)</b>	Charissa
11-20	Wednesday	12:00pm – 12:30pm	Gliding	Ashley
11-20	Wednesday	3:00pm – 3:30pm	Non-Sleep Deep Rest: Cultivate Gratitude and Ease with Stillness <a href="#">Participation Link</a>	Allison
11-21	Thursday	12:15pm – 12:45pm	Chair Towel Stretch	Charissa
11-22	Friday	6:00am – 6:30am	Yoga Relax	Shannon
11-22	Friday	12:00pm – 12:30pm	Low-Impact Tabata Cardio	Ashley
11-25	Monday	6:00am – 6:30am	Balance & Strength	Shannon
11-25	Monday	12:00pm – 12:30pm	Mini-Band abs & Glutes	Ashley
11-26	Tuesday	7:15am – 7:45am	<b>Yoga for Athletes (In-Person Only Bldg.53)</b>	Shannon
11-26	Tuesday	12:15pm – 12:45pm	Floor Sculpt Tabata	Charissa
11-27	Wednesday	6:00am – 6:30am	Easy Flow Stretch	Charissa
11-27	Wednesday	12:00pm – 12:30pm	Compound Strength	Ashley
11-29	Friday	6:00am – 6:30am	Black Friday Transverse Plane	Shannon