

# Virtual “Fitness for You” Classes



## April 2025 Facebook Live

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

Date	Day	Time	Program	Trainer
4-1	Tuesday	12:15pm – 12:45pm	Barre Sculpt	Charissa
4-2	Wednesday	12:00pm – 12:30pm	Low-Impact Cardio	Ashley
4-3	Thursday	12:15pm – 12:45pm	Floor Stretch + Flow	Charissa
4-4	Friday	6:00am – 6:30am	Strong & Stable	Shannon
4-4	Friday	12:00pm – 12:30pm	Total Body Tabata	Ashley
4-7	Monday	6:00am – 6:30am	Body Weight HIIT	Shannon
4-8	Tuesday	12:15pm – 12:45pm	<b>Treadmill Training (In-Person Only) RKL II Rm. 220-B</b>	Charissa
4-8	Tuesday	1:00pm – 1:30pm	Ab Attack	Charissa
4-9	Wednesday	12:00pm – 12:30pm	Mobility Sculpt	Ashley
4-9	Wednesday	12:15pm – 12:45pm	<b>Mat Pilates (In-Person Only) Bldg.31 Rm 1E04B</b>	Charissa
4-9	Wednesday	3:00pm – 3:30pm	<b>Spring Forward and Boost Resilience: Non-Sleep Deep Rest <a href="#">Participation Link</a></b>	Allison
4-10	Thursday	12:15pm – 12:45pm	Towel Stretch for Back Relief	Charissa
4-11	Friday	6:00am – 6:30am	Maximum Strength: Back + Biceps	Shannon
4-11	Friday	8:00am – 8:30am	<b>Yoga Strong (In-Person Only) Bldg.53</b>	Shannon
4-14	Friday	12:00pm – 12:30pm	Chair Tabata	Ashley
4-14	Monday	6:00am – 6:30am	Spring Yoga	Shannon
4-14	Monday	8:00am – 8:30am	<b>Yoga Relax (In-Person Only) Bldg.53</b>	Shannon
4-14	Monday	12:00pm – 12:30pm	<b>Stretch &amp; Yoga Restore (In-Person Only) Bldg.31 Rm.1E04B</b>	Shannon
4-15	Tuesday	12:15pm – 12:45pm	<b>Cycling Connections (In-Person Only) RKL II Rm 220-B</b>	Charissa
4-15	Tuesday	1:00pm – 1:30pm	Lower Body Sculpt on the Floor	Charissa
4-16	Wednesday	12:00pm- 12:30pm	Leg Sculpt + Loop Bands	Ashley
4-17	Thursday	12:15pm – 12:45pm	Hip + Heart Opening Stretch	Charissa
4-18	Friday	6:00am – 6:30am	Balance & Strength	Shannon
4-18	Friday	12:00pm – 12:30pm	Mobility Compound Strength	Ashley
4-21	Monday	6:00am – 6:30am	Core on the Floor	Shannon
4-22	Tuesday	12:15pm – 12:45pm	<b>60-Second Fit Challenge (In-Person Only) RKLII Rm 220B</b>	Charissa
4-22	Tuesday	1:00pm – 1:30pm	Upper Body Sculpt on the Floor	Charissa
4-23	Wednesday	12:00pm- 12:30pm	Tabata Boot Camp	Ashley
4-23	Wednesday	12:15pm- 12:45pm	<b>Line Dancing (In-Person Only) Bldg.31 Rm. 1E04B</b>	Charissa
4-23	Wednesday	3:00pm – 3:30pm	<b>Recoup Your Energy: Non-Sleep Deep Rest <a href="#">Participation Link</a></b>	Allison
4-24	Thursday	12:15pm – 12:45pm	Pilates Play	Charissa
4-25	Friday	6:00am – 6:30am	Functional Fitness: Shoulders + Traps	Shannon
4-25	Friday	8:00am- 8:30am	<b>Yoga for Athletes (In-Person Only) Bldg.53</b>	Shannon
4-25	Friday	12:00pm – 12:30pm	Mini-Band Abs + Glutes	Ashley
4-28	Monday	6:00am – 6:30am	Max Strength: Quads + Hips	Shannon
4-29	Tuesday	12:15pm – 12:45pm	<b>Line Dancing (In-Person Only) RKL II Rm 220-B</b>	Charissa
4-29	Tuesday	1:00pm – 1:30pm	Light Weight Sculpt	Charissa
4-30	Wednesday	12:00pm 12:30pm	Circuit 360	Ashley