

Virtual “Fitness for You” Classes



February is
**AMERICAN
HEART
MONTH**



February 2025 Facebook Live

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

Date	Day	Time	Program	Trainer
2-3	Monday	6:30pm – 7:00pm	Yoga 4 Athletes	Shannon
2-3	Monday	8:00am – 8:30am	Yoga Relax (In-Person Only) Bldg.53	Shannon
2-4	Tuesday	12:15pm – 12:45pm	♥ Cardio Kickbox Basics	Charissa
2-5	Wednesday	12:00pm – 12:30pm	♥ Health Cardio Tabata	Ashley
2-5	Wednesday	3:00pm – 3:30pm	Open Your Heart and Soften into Stillness – Non-Sleep Deep Rest Participation Link	Allison
2-6	Thursday	12:15pm – 12:45pm	Slow Flow Stretch	Charissa
2-7	Friday	6:00am – 6:30am	Stability Ball Core	Shannon
2-7	Friday	12:00pm – 12:30pm	Total Body Strength + Mobility	Ashley
2-10	Monday	6:00am – 6:30am	♥ Love HIIT	Shannon
2-11	Tuesday	12:15pm – 12:45pm	Light Weight ♥ Cardio Conditioning	Charissa
2-11	Tuesday	1:00pm – 1:30pm	Cycling ♥ Circuit (In-Person Only) RKL II Rm. 220-B	Charissa
2-12	Wednesday	12:00pm – 12:30pm	Mini Bands: Abs + Glutes	Ashley
2-13	Thursday	12:15pm – 12:45pm	Chair + Ball Stretch	Charissa
2-14	Friday	6:00am – 6:30am	Max Strength: Shoulders, Traps & Lats	Shannon
2-14	Friday	8:00am – 8:30am	Valentine’s Day Yoga (In-Person Only) Bldg.53	Shannon
2-14	Friday	12:00pm – 12:30pm	Mobility ♥ Cardio: Low Impact	Ashley
2-18	Tuesday	12:15pm – 1:00pm	Hearty ♥ Dance Party	Charissa
2-19	Wednesday	6:00am – 6:30am	Mobility, Strength & stretch	Shannon
2-19	Wednesday	12:00pm- 12:30pm	♥ Gliding	Ashley
2-19	Wednesday	3:00pm – 3:20pm	Breathe & Relax into Stillness: Non-Sleep Deep Rest Participation Link	Allison
2-20	Thursday	12:15pm – 12:45pm	Floor Stretch	Charissa
2-21	Friday	6:00am – 6:30am	Yoga Relax	Shannon
2-21	Friday	12:00pm – 12:30pm	Muscle-Focused Tabata	Ashley
2-24	Monday	6:00am – 6:30am	Balance & Strength	Shannon
2-25	Tuesday	6:00am – 6:30am	Barre + Pilates	Charissa
2-25	Tuesday	1:00pm – 1:30pm	♥ Treadmill + Trunk (In-Person Only) RKL II Rm. 220-B	Charissa
2-26	Wednesday	12:00pm- 12:30pm	Obliques Obliterations	Ashley
2-27	Thursday	12:15pm – 12:45pm	Towel Stretch	Charissa
2-28	Friday	6:00am – 6:30am	Transverse Plane & Trunk	Shannon
2-28	Friday	12:00pm – 12:30pm	Tabata ♥ Cardio, Strength + Mobility	Ashley