

Virtual “Fitness for You” Classes



May 2025 Facebook Live

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

Date	Day	Time	Program	Trainer
5-1	Thursday	1:00pm – 1:30pm	Total Body Stretch	Charissa
5-2	Friday	6:00am – 6:30am	Functional Fitness – Focus: Shoulder Safety	Shannon
5-2	Friday	12:00pm – 12:30pm	Total Body Conditioning	Ashley
5-5	Monday	6:00am – 6:30am	Cinco De Mayo Strength	Shannon
5-6	Tuesday	12:15pm – 12:45pm	Kickbox	Charissa
5-6	Tuesday	1:00pm – 1:30pm	Treadmill & Elliptical Training (In-Person Only) RKL II Rm 220-B	Charissa
5-7	Wednesday	8:00am – 8:30am	Spring HIIT (In-Person Only) Bldg.53	Shannon
5-7	Wednesday	12:00pm – 12:30pm	Standing Cardio	Ashley
5-7	Wednesday	12:00pm – 12:30pm	Yoga Relax (In-Person Only) Bldg.31 Rm. 1E04B	Shannon
5-7	Wednesday	3:00pm – 3:30pm	Non-Sleep Deep Rest: Embrace the Sweetness of Stillness Participation Link	Allison
5-8	Thursday	12:15pm – 12:45pm	Mat Pilates (In-Person Only) Bldg31 Rm 1E04A	Charissa
5-8	Thursday	1:00pm – 1:30pm	Stretch for Pain Relief	Charissa
5-9	Friday	6:00am – 6:30am	Yoga Strong	Shannon
5-9	Friday	12:00pm – 12:30pm	Upright Abs	Ashley
5-12	Monday	6:00am – 6:30am	Core + Bender Ball	Shannon
5-13	Tuesday	12:15pm – 12:45pm	Ab Attack (In-Person Only) RKL II Rm 220-B	Charissa
5-13	Tuesday	1:00pm – 1:30pm	Swiss Ball Conditioning	Charissa
5-14	Wednesday	12:00pm- 12:30pm	Tabata Cardio	Ashley
5-14	Wednesday	12:15pm – 12:45pm	Bodyweight Barre (In-Person Only) Bldg.31 Rm.1E04B	Charissa
5-15	Thursday	8:00am – 8:30am	Yoga Strong (In-Person Only) Bldg. 53	Shannon
5-15	Thursday	1:00pm – 1:30pm	Towel Stretch	Charissa
5-16	Friday	6:00am – 6:30am	Spring Training: Strength + Stretch	Shannon
5-16	Friday	12:00pm – 12:30pm	Glutes + Abs + Gliders	Ashley
5-19	Monday	6:00am – 6:30am	Yoga for Athletes	Shannon
5-20	Tuesday	12:15pm – 12:45pm	Line Dancing (In-Person Only) RKL II Rm 220-B	Charissa
5-20	Tuesday	1:00pm – 1:30pm	Line Dancing	Charissa
5-21	Wednesday	12:00pm- 12:30pm	Upper Body Mobility + Strength	Ashley
5-21	Wednesday	12:00pm- 12:30pm	Yoga for Athletes (n-Person Only) Bldg.31 Rm. 1E04B	Shannon
5-21	Wednesday	3:00pm – 3:30pm	Non-Sleep Deep Rest: Recharge by Creating a Sweet and Quiet Space Participation Link	Allison
5-22	Thursday	1:00pm – 1:30pm	Wall Stretch	Charissa
5-23	Friday	6:00am – 6:30am	Upper Body Takeover	Shannon
5-23	Friday	12:00pm – 12:30pm	Mobility: Lower Body	Ashley
5-27	Tuesday	12:15pm – 12:45pm	Mat Pilates (in-Person Only) RKL II Rm 220-B	Charissa
5-27	Tuesday	1:00pm – 1:30pm	Abs, Glutes + Glutes	Charissa
5-28	Wednesday	12:00pm 12:30pm	360 Circuit	Ashley
5-28	Wednesday	12:15pm- 12:45pm	Line Dancing (In-Person Only) Bldg. 31 Rm. 1E04B	Charissa
5-29	Thursday	12:15pm – 12:45pm	Swiss Ball + Chair Stretch	Charissa
5-30	Friday	6:00am – 6:30am	Balance + Stretch	Shannon
5-30	Friday	12:00pm 12:30pm	Tabata for the Obliques	Ashley