

Virtual “Fitness for You” Classes



August 2025 Facebook Live

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

Date	Day	Time	Program	Trainer
8-4	Monday	6:00am – 6:30am	Max Strength: Biceps, Triceps + Core	Shannon
8-5	Tuesday	12:15pm – 12:45pm	Flow Stretch	Charissa
8-5	Tuesday	1:00pm – 1:30pm	Treadmill Training	Charissa
8-6	Wednesday	12:00pm- 12:30pm	Upright Tabata	Ashley
8-11	Monday	6:00am – 6:30am	Yoga for Athletes	Shannon
8-11	Monday	1:00pm – 1:30pm	Functional Fun (In-Person Only) Bldg. 53	Charissa
8-12	Tuesday	12:15pm – 12:45pm	Kickboxing 101 (In-Person Only) RKL II Rm. 220-B	Charissa
8-12	Tuesday	1:00pm – 1:30pm	Core on the Floor	Charissa
8-13	Wednesday	8:00am – 8:30am	Strength & Stretch (In-Person Only) Bldg.53	Shannon
8-13	Wednesday	12:00pm- 12:30pm	Standing Cardio & Abs	Ashley
8-13	Wednesday	3:00pm – 3:30pm	Non-Sleep Deep Rest: Slowing Down to Create a Quiet & Still Place Within You Participation Link	Allison
8-18	Monday	6:00am – 6:30am	Restorative Yoga	Shannon
8-18	Monday	12:15pm – 12:45pm	Mat Pilates (In-Person Only) Bldg.31 Rm. 1E04B	Charissa
8-19	Tuesday	12:15pm – 12:45pm	Tabata Strength + Sculpt (In-Person Only) RKL II Rm. 220-B	Charissa
8-19	Tuesday	1:00pm – 1:30pm	Chair Stretch	Charissa
8-20	Wednesday	8:00am – 8:30am	Yoga 4 Athletes (In-Person Only) Bldg.31 Rm. 1E04B	Shannon
8-20	Wednesday	12:00pm – 12:30pm	Compound Strength	Ashley
8-25	Monday	6:00am – 6:30am	Vinyasa Yoga	Shannon
8-26	Tuesday	12:15pm – 12:45pm	Ab Attack (In-Person Only) RKL II Rm. 220-B	Charissa
8-26	Tuesday	1:00pm – 1:30pm	Light Weights + Boxing	Charissa
8-27	Wednesday	12:00pm - 12:30pm	Tabata Abs	Ashley
8-27	Wednesday	12:15pm – 12:45pm	Line Dancing (In-Person Only) Bldg.31 Rm. 1E04B	Charissa
8-27	Wednesday	3:00pm – 3:30pm	Non-Sleep Deep Rest: Embracing the Opportunity to Cultivate Stillness Participation Link	Allison