

Virtual "Fitness for You" Classes



July 2025 Facebook Live

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

| Date | Day | Time | Program | Trainer |
|------|-----------|-------------------|--|----------|
| 7-1 | Tuesday | 6:00am – 6:30am | Yoga for Athletes | Shannon |
| 7-1 | Tuesday | 12:15pm – 12:45pm | Bodyweight Sculpt | Charissa |
| 7-1 | Tuesday | 1:00pm – 1:30pm | Treadmill Trek (In-Person Only) RKL II Rm. 220B | Charissa |
| 7-2 | Wednesday | 12:00pm – 12:30pm | Tabata Balance Sculpt | Ashley |
| 7-2 | Wednesday | 1:00pm – 1:30pm | Functional Fitness (In-Person Only) Bldg.53 | Charissa |
| 7-3 | Thursday | 6:00am – 6:30am | Summer Core | Shannon |
| 7-3 | Thursday | 1:00pm – 1:30pm | Breathe, Stretch + Flow | Charissa |
| 7-7 | Monday | 6:00am – 6:30am | Upright Strength | Ashley |
| 7-7 | Monday | 12:00pm – 12:30pm | Low-Impact Cardio | Ashley |
| 7-8 | Tuesday | 12:15pm – 12:45pm | Abs on the Floor (In-Person Only) RKL II Rm. 220B | Charissa |
| 7-8 | Tuesday | 1:00pm – 1:30pm | Kickbox Combos | Charissa |
| 7-9 | Wednesday | 12:00pm- 12:30pm | Total Body Tabata | Ashley |
| 7-9 | Wednesday | 1:00pm – 1:30pm | Strength Circuit (In-Person Only) RKL II Rm. 220B | Charissa |
| 7-9 | Wednesday | 3:00pm – 3:30pm | Non-Sleep Deep Rest: Create Calm & Slow Down Participation Link | Allison |
| 7-10 | Thursday | 12:15pm – 12:45pm | Swiss Ball Stretch | Charissa |
| 7-11 | Friday | 6:00am – 6:30am | Total Body Stretch | Charissa |
| 7-11 | Friday | 12:00pm – 12:30pm | Banded Thighs | Ashley |
| 7-14 | Monday | 6:00am – 6:30am | Low-Impact Cardio + Abbs | Ashley |
| 7-15 | Tuesday | 12:15pm – 12:45pm | Cycling Revolution (In-Person Only) RKL II Rm, 220B | Charissa |
| 7-15 | Tuesday | 1:00pm – 1:30pm | Pilates Combo | Charissa |
| 7-16 | Wednesday | 12:00pm- 12:30pm | Lower Abs | Ashley |
| 7-16 | Wednesday | 1:00pm – 1:30pm | Strong & Stable Circuit (In-Person Only) Bldg. 53 | Charissa |
| 7-17 | Thursday | 1:00pm – 1:30pm | Towel Stretch | Charissa |
| 7-18 | Friday | 6:00am – 6:30am | Restorative Stretch + Strength | Charissa |
| 7-18 | Friday | 12:00pm – 12:30pm | Compound Strength | Ashley |
| 7-21 | Monday | 6:00am – 6:30am | Strong & Stable | Shannon |
| 7-22 | Tuesday | 12:15pm – 12:45pm | Strength & Sculpt (In-Person Only) RKL II Rm. 220B | Charissa |
| 7-22 | Tuesday | 1:00pm – 1:30pm | Abs, Glutes & Back | Charissa |
| 7-23 | Wednesday | 6:00am – 6:30am | Yoga Calm | |
| 7-23 | Wednesday | 8:00am – 8:30am | Core on the Floor (In-Person Only) Bldg.53 | Shannon |
| 7-23 | Wednesday | 12:00pm - 12:30pm | Tabata Upper Body + Mobility | Ashley |
| 7-23 | Wednesday | 3:00pm – 3:30pm | Non-Sleep & Deep Rest: Slow Down & Refresh Participation Link | Allison |
| 7-24 | Thursday | 12:15pm – 12:45pm | Floor Flow Stretch | Charissa |
| 7-25 | Friday | 6:00am – 6:30am | Shoulders & Arms Sculpt | Shannon |
| 7-25 | Friday | 12:00pm - 12:30pm | Tabata Lower Body Strength + Mobility | Ashley |
| 7-28 | Monday | 6:00am – 6:30am | Balanced Body | Shannon |
| 7-29 | Tuesday | 12:15pm – 12:45pm | Line Dancing (In-Person Fitness Only) RKL II Rm. 220B | Charissa |
| 7-29 | Tuesday | 1:00pm – 1:30pm | Ab Attack on the Floor | Charissa |
| 7-30 | Wednesday | 6:00am – 6:30am | Max Strength Legs, Glutes & Hips | Shannon |
| 7-30 | Wednesday | 8:00am – 8:30am | Yoga Glow (In-Person Fitness Only) Bldg.53 | Shannon |
| 7-30 | Wednesday | 12:00pm – 12:30pm | Standing Abs | Ashley |
| 7-31 | Thursday | 12:15pm – 12:45pm | Stretch for Back Relief | Charissa |