

Virtual “Fitness for You” Classes



June 2025 Facebook Live

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

Date	Day	Time	Program	Trainer
6-2	Monday	6:00am – 6:30am	Functional Fitness – Focus: Knee Safety	Shannon
6-2	Monday	1:00pm – 1:30pm	Circuit Training (In-Person Only) Bldg. 53	Charissa
6-3	Tuesday	12:15pm – 12:45pm	Total Body Sculpt	Charissa
6-3	Tuesday	1:00pm – 1:30pm	Treadmill Trek (In-Person Only) RKL II Rm. 220-B	Charissa
6-4	Wednesday	8:00am – 8:30am	Core on the Floor (In-Person Only) Bldg.53	Shannon
6-4	Wednesday	12:00pm – 12:30pm	Tabata Boot Camp	Ashley
6-5	Thursday	12:15pm – 12:45pm	Total Body Stretch	Charissa
6-6	Friday	6:00am – 6:30am	Summer Strength	Shannon
6-6	Friday	12:00pm – 12:30pm	Tabata Mobility & Sculpt	Ashley
6-9	Monday	6:00am – 6:30am	Yoga Strong	Shannon
6-10	Tuesday	12:15pm – 12:45pm	Obstacle Course (In-Person Only) RKL II Rm. 220-B	Charissa
6-10	Tuesday	1:00pm – 1:30pm	Ab & Glutes	Charissa
6-11	Wednesday	12:00pm- 12:30pm	Low Impact & Cardio	Ashley
6-11	Wednesday	1:00pm – 1:30pm	Functional Training (In-Person Only) Bldg.53	Charissa
6-11	Wednesday	3:00pm – 3:30pm	Slowing Down: Non-Sleep Deep Rest Participation Link	Allison
6-12	Thursday	12:15pm – 12:45pm	Swiss Ball & Wall Stretch	Charissa
6-14	Friday	6:00am – 6:30am	Core Training on the Floor	Shannon
6-14	Friday	12:00pm – 12:30pm	Mini-Bands& Glutes	Ashley
6-16	Monday	6:00am – 6:30am	Strong & Stable	Shannon
6-17	Tuesday	12:15pm – 12:45pm	Flow Stretch (In-Person Only) RKL II Rm. 220-B	Charissa
6-17	Tuesday	1:00pm – 1:30pm	Core on the Floor	Charissa
6-18	Wednesday	8:00am- 8:30am	Yoga for Athletes (In-Person Only) Bldg.53	Shannon
6-18	Wednesday	12:00pm- 12:30pm	Total Body Tabata	Ashley
6-19	Friday	6:00am – 6:30am	Yoga for Athletes	Shannon
6-19	Friday	12:00pm – 12:30pm	Transverse & Rectus Abdominis	Ashley
6-23	Monday	6:00am – 6:30am	Lower Body Build	Shannon
6-24	Tuesday	12:15pm – 12:45pm	Indoor Cycling (In-Person Only) RKL II Rm. 220-B	Charissa
6-24	Tuesday	1:00pm – 1:30pm	Upper Body Sculpt	Charissa
6-25	Wednesday	12:00pm - 12:30pm	360 Circuit	Ashley
6-25	Wednesday	1:00pm – 12:30pm	360 Circuit (In-Person Only) Bldg.53	Charissa
6-25	Wednesday	3:00pm – 3:30pm	Create Stillness to Breathe Properly: Non-Sleep Deep Rest Participation Link	Allison
6-26	Thursday	12:15pm – 12:45pm	Chair & Ball Stretch	Charissa
6-27	Friday	6:00am – 6:30am	Balanced Body	Shannon
6-27	Friday	12:00pm - 12:30pm	Muscle-Focused Tabata	Ashley
6-30	Monday	6:00am – 6:30am	Yoga Flow	Shannon