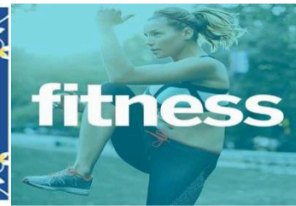


Virtual “Fitness for You” Classes



October 2026 Facebook Live

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

Date	Day	Time	Program	Trainer
10/5	Monday	6:00am – 6:30am	Core Fusion	Shannon
10/5	Monday	8:30am – 8:45am	Mindful Moment: Strength, Hope, and Self Compassion Participation Link	Leslie
10/6	Tuesday	7:30am – 8:00am	Max Strength Trunk: Advanced (In-Person Only) Bldg. 53	Shannon
10/6	Tuesday	12:15pm – 12:45pm	Cycling (In-Person Only) RKL II Rm. 220B	Charissa
10/6	Tuesday	1:00pm – 1:30pm	Chair Fitness	Charissa
10/7	Wednesday	12:00pm – 12:30pm	Standing Strength: Upper Body	Ashley
10/7	Wednesday	12:15pm – 12:45pm	Foam Roll + Stretch (In-Person Only) Bldg. 31 Rm. 1E04B	Charissa
10/13	Tuesday	6:00am – 6:30am	Yoga	Shannon
10/13	Tuesday	7:30am – 8:00am	Hip, Stability & Strength (In-Person Only) Bldg. 53	Shannon
10/14	Wednesday	12:00pm – 12:30pm	Standing Strength: Lower Body Strength	Ashley
10/14	Wednesday	12:15pm – 12:45pm	Mat Pilates (In-Person Only) Bldg. 31 Rm. 1E04B	Charissa
10/14	Wednesday	1:15pm – 1:45pm	Functional Fitness (In-Person Only) Bldg. 53	Charissa
10/14	Wednesday	3:00pm – 3:30pm	Non-Sleep Deep Rest: Returning Inward for Steadiness and Ease Participation Link	Allison
10/15	Thursday	12:15pm – 12:45pm	Foam Roll + Stretch (In-Person Only) RKL II Rm. 220B	Charissa
10/15	Thursday	1:00pm – 1:30pm	Pilates	Charissa
10/19	Monday	6:00am – 6:30am	Balance & Strength	Shannon
10/19	Monday	12:15pm – 12:45pm	Total Body Stretch (In-Person Only) Bldg. 31 Rm. 1E04B	Charissa
10/19	Monday	2:45pm – 3:00pm	Mindful Moment: Embracing Lessons from Autumn Participation Link	Leslie
10/20	Tuesday	7:30am - 8:00am	Yoga Strong (In-Person Only) Bldg. 53	Shannon
10/20	Tuesday	12:15pm - 12:45pm	Bodyweight Strength (In-Person Only) RKL II Rm. 220B	Charissa
10/20	Tuesday	1:00pm – 1:30pm	Total Body Strength	Charissa
10/21	Wednesday	12:00pm – 12:30pm	Total Body Tabata	Ashley
10/21	Wednesday	12:15pm – 12:45pm	Resistance Band Sculpt (In-Person Only) Bldg. 31 Rm. 1E04B	Charissa
10/26	Monday	6:00am – 6:30am	Yoga Recharge	Shannon
10/26	Monday	12:15pm – 12:45pm	Strap Stretch for Back Relief (In-Person Only) Bldg. 31 Rm. 1E04B	Charissa
10/27	Tuesday	7:30am – 8:00am	Bodyweight Strength (In-Person Only) Bldg. 53	Shannon
10/27	Tuesday	12:15pm -12:45pm	Line Dance (In-Person Only) RKL II Rm. 220B	Charissa
10/27	Tuesday	1:00pm – 1:30pm	Stretch for Back Relief	Charissa
10/28	Wednesday	12:00pm – 12:30pm	Tabata Bootcamp	Ashley
10/28	Wednesday	12:15pm – 12:45pm	Line Dance (In-Person Only) Bldg. 31 Rm. 1E04B	Charissa
10/28	Wednesday	3:00pm – 3:30pm	Non-Sleep Deep Rest: Grounding into Fall Participation Link	Allison