

Virtual “Fitness for You” Classes



April 2026 Facebook Live

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

Date	Day	Time	Program	Trainer
4-1	Wednesday	8:00am – 8:30am	Spring HIIT (In-Person Only) Bldg. 53	Shannon
4-1	Wednesday	12:00pm – 12:30pm	360 Circuit	Ashley
4-1	Wednesday	12:15pm – 12:45pm	Stretch & Flow (in-Person Only) Bldg. 31 Rm. 1E04	Charissa
4-6	Monday	6:00am – 6:30am	Yoga Strong	Shannon
4-7	Tuesday	12:15pm – 12:45pm	Chair Towel Stretch	Charissa
4-7	Tuesday	1:00pm – 1:30pm	Treadmill Training (In-Person Only) RKL II Rm. 220B	Charissa
4-8	Wednesday	8:00am – 8:30am	Yoga Relax (In-Person Only) Bldg. 53	Shannon
4-8	Wednesday	12:00pm – 12:30pm	Standing Compound Strength	Ashley
4-8	Wednesday	12:15pm – 12:45pm	Ab Attack (In-Person Only) Bldg. 31 Rm. 1E04	Charissa
4-8	Wednesday	3:00pm – 3:30pm	Non-Sleep Deep Rest: Spring Forward and Boost Resilience Participation Link	Allison
4-13	Monday	6:00am – 6:30am	Max Strength: Posterior Chain	Shannon
4-14	Tuesday	12:15pm – 12:45pm	Barre Body (In-Person Only) RKL II Rm. 220B	Charissa
4-14	Tuesday	1:00pm – 1:30pm	Mat Pilates	Charissa
4-15	Wednesday	8:00am - 8:30am	Muscle Max Tax: Strength Hips & Glutes (In-Person Only) Bldg.53	Shannon
4-15	Wednesday	12:00pm – 12:30pm	Tabata Bootcamp	Ashley
4-15	Wednesday	12:15pm – 12:45pm	Bodyweight Sculpt	Charissa
4-16	Thursday	8:00am – 8:15am	Mindfulness Moment: Spring Renewal Meditation Participation Link	Leslie
4-20	Monday	6:00am – 6:30am	Balance & Strength	Shannon
4-21	Tuesday	12:15pm – 12:45pm	Core on the Floor (In-Person Only) RKL II Rm. 220B	Charissa
4-21	Tuesday	1:00pm – 1:30pm	Total Body Strength	Charissa
4-22	Wednesday	12:00pm – 12:30pm	Total Body Tabata	Ashley
4-22	Wednesday	12:15pm – 12:45pm	Mat Pilates (In-Person Only) Bldg. 31 Rm. 1E04	Charissa
4-22	Wednesday	3:00pm – 3:30pm	Non- Sleep Deep Rest: Release Stress and Restore Your Nervous System Participation Link	Allison
4-27	Monday	6:00am – 6:30am	Spring Yoga	
4-28	Tuesday	12:15pm -12:45pm	Line Dance (In-Person Only) RKL II Rm. 220B	Charissa
4-28	Tuesday	1:00pm – 1:30pm	Ab Attack on the Floor	Charissa
4-29	Wednesday	8:00am 8:30am	Yoga 4 Athletes (In-Person Only) Bldg. 53	Shannon
4-29	Wednesday	12:00pm – 12:30pm	Cardio + Abs + Mobility	Ashley
4-29	Wednesday	12:15pm – 12:45pm	Line Dance (In-Person Only) Bldg. 31 Rm. 1E04	Charissa
4-30	Thursday	12:00pm – 12:15pm	Pause & Protect: Midday Mindfulness Participation Link	Leslie