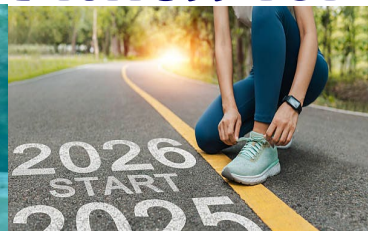


Virtual “Fitness for You” Classes



January 2026 Facebook Live

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

Date	Day	Time	Program	Trainer
1/5	Monday	12:15pm – 12:45pm	New Year Yoga	Shannon
1/6	Tuesday	12:15pm – 12:45pm	Obstacle Course (In-Person Only) RKL. II Rm. 220-B	Charissa
1/6	Tuesday	1:00pm – 1:30pm	Wall Ball & Sculpt	Charissa
1/7	Wednesday	12:00pm – 12:30pm	Standing Abs	Ashley
1/7	Wednesday	12:15pm – 12:45pm	Bodyweight Sculpt (In-Person Only) Bldg. 31 Rm. 1E04B	Charissa
	Wednesday	3:00pm – 3:30pm	Non-Sleep Deep Rest	Allison
1/12	Monday	6:00am – 6:30am	New Year Strength	Shannon
1/13	Tuesday	12:15pm – 12:45pm	Total Body Sculpt (In-Person Only) RKL. II Rm. 220-B	Charissa
1/13	Tuesday	1:00pm – 1:30pm	Gluteal Sculpt	Charissa
1/14	Wednesday	8:00am – 8:30am	Yoga Strong (In -Person Only) Bldg. 53	Shannon
1/14	Wednesday	12:00pm – 12:30pm	Upright Abs	Ashley
1/14	Wednesday	12:15pm – 12:45pm	Mat Pilates (In-Person Only) Bldg. 31 Rm. 1E04B	Charissa
1/20	Tuesday	12:15pm – 12:45pm	Line Dance Party (In-Person Only) RKL. II Rm. 220-B	Charissa
1/20	Tuesday	1:00pm – 1:30pm	Line Dace Party	Charissa
1/21	Wednesday	8:00am – 8:30am	HIIT with Weights (In-Person Only) Bldg. 53	Shannon
1/21	Wednesday	12:00pm – 12:30pm	Muscle-Focused Tabata	Ashley
1/23	Friday	6:00am – 6:30am	Balance & Strength	Shannon
1/26	Monday	6:00am – 6:30am	Strength & Stability	Shannon
1/27	Tuesday	12:15pm -12:45pm	Core on the Floor (In-Person Only) RKL. II Rm. 220-B	Charissa
1/27	Tuesday	1:00pm – 1:30pm	Core on the Floor	Charissa
1/28	Wednesday	8:00am – 8:30am	Yoga Calm (In-Person Only) Bldg. 53	Shannon
1/28	Wednesday	12:00pm – 12:30pm	Lower Abs	Ashley
1/28	Wednesday	12:15pm – 12:45pm	Line Dance (In-Person Only) Bldg. 31 Rm. 1E04B	Charissa
1/28	Wednesday	3:00pm – 3:30pm	Non-Sleep Deep Rest	Allison