

Virtual “Fitness for You” Classes



July 2026 Facebook Live

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

Date	Day	Time	Program	Trainer
7/1	Wednesday	12:00pm – 12:30pm	Total Body Tabata	Ashley
7/1	Wednesday	12:15pm – 12:45pm	Stretch Lab (In-Person Only) Bldg. 31 Rm. 1E04B	Charissa
7/6	Monday	6:00am – 6:30am	Yoga Strength	Shannon
7/7	Tuesday	12:15pm – 12:45pm	Kickbox Repetitions (In-Person Only) RKL II Rm. 220B	Charissa
7/7	Tuesday	1:00pm – 1:30pm	Abs & Glutes	Charissa
7/8	Wednesday	8:00am - 8:30am	HIIT & Stretch (In-Person Only) Bldg. 53	Shannon
7/8	Wednesday	12:00pm – 12:30pm	Inner & Outer Thighs: Mini Band	Ashley
7/8	Wednesday	12:15pm – 12:45pm	Foam Roll + Stretch (In-Person Only) Bldg. 31 Rm. 1E04B	Charissa
7/9	Thursday	8:30am – 8:45am	Mindful Moment: Supporting regulation, resilience, and daily ease through intentional breath and awareness Participation Link:	Leslie
7/13	Monday	6:00am – 6:30am	Max Strength: Anterior Chain	Shannon
7/14	Tuesday	12:15pm – 12:45pm	Teamwork Tabata (In-Person Only) RKL II Rm. 220B	Charissa
7/14	Tuesday	1:00pm – 1:30pm	Barre Pilates	Charissa
7/15	Wednesday	8:00am – 8:30am	Yoga Relax (In-Person Only) Bldg. 53	Shannon
7/15	Wednesday	12:00pm – 12:30pm	Upright Abs	Ashley
7/15	Wednesday	12:15pm – 12:45pm	Ab Attack (In-Person Only) Bldg. 31 Rm. 1E04B	Charissa
7/15	Wednesday	3:00pm – 3:00pm	Non-Sleep Deep Rest: Declare Independence from Busyness Participation Link	Allison
7/20	Monday	6:00am – 6:30am	Balance & Strength	Shannon
7/21	Tuesday	11:30am – 11:45am	Mindful Moment: Creating space for connection, reflection, and meaningful self-care Participation Link	Leslie
7/21	Tuesday	12:15pm - 12:45pm	Summer Triathlon (In-Person Only) RKL II R. 220B	Charissa
7/21	Tuesday	1:00pm – 1:30pm	Towel Stretch	Charissa
7/22	Wednesday	8:00am - 8:30am	Max Strength: Arms & Shoulders (In-Person Only) Bldg. 53	Shannon
7/22	Wednesday	12:00pm – 12:30pm	Compound Strength & Mobility	Ashley
7/22	Wednesday	12:15pm – 12:45pm	Line Dance (In-Person Only) Bldg. 31 Rm. 1E04B	Charissa
7/27	Monday	6:00am – 6:30am	Yoga Calm	Shannon
7/28	Tuesday	12:15pm -12:45pm	Line Dance (In-Person Only) RKL II Rm. 1E04B	Charissa
7/28	Tuesday	1:00pm – 1:30pm	Wall Sculpt	Charissa
7/29	Wednesday	8:00am – 8:30am	Yoga 4 Athletes (In-Person Only) Bldg. 53	Shannon
7/29	Wednesday	12:00pm – 12:30pm	Tabata Bootcamp	Ashley
7/29	Wednesday	12:15pm – 12:45pm	Line Dance (In-Person Only) Bldg. 31 Rm. 1E04B	Charissa
7/29	Wednesday	3:00pm – 3:30pm	Non-Sleep Deep Rest: Slow Down and Refresh Participation Link	Allison