

# Virtual “Fitness for You” Classes



## March 2026 Facebook Live

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

Date	Day	Time	Program	Trainer
3-2	Monday	6:00am – 6:30am	Yoga for Athletes	Shannon
3-3	Tuesday	12:15pm – 12:45pm	Chair Fitness	Charissa
3-3	Tuesday	1:00pm – 1:30pm	<b>Treadmill Trek (In-Person Only) RKL II Rm. 220B</b>	Charissa
3-4	Wednesday	8:00am – 8:30am	<b>Max Strength Upper Body (In-Person Only) Bldg. 53</b>	Shannon
3-4	Wednesday	12:00pm – 12:30pm	Upright Tabata 360	Ashley
3-4	Wednesday	12:15pm – 12:45pm	<b>Sculpt &amp; Strength (In-Person Only) Bldg. 31 Rm. 1E04B</b>	Charissa
3-9	Monday	6:00am – 6:30am	Mini-Ball Strong	Shannon
3-10	Tuesday	12:15pm – 12:45pm	<b>Partner Power Play (In-Person Only) RKL II Rm. 220B</b>	Charissa
3-10	Tuesday	1:00pm – 1:30pm	Total Body Sculpt	Charissa
3-11	Wednesday	8:00am – 8:30am	<b>Yoga Strong (In-Person Only) Bldg. 53</b>	Shannon
3-11	Wednesday	12:00pm – 12:30pm	Compound Strength & Mobility	Ashley
3-11	Wednesday	12:15pm – 12:45pm	<b>Pilates (In-Person Only) Bldg. 31 Rm. 1E04B</b>	Charissa
3-11	Wednesday	3:00pm – 3:30pm	<b>Non-Sleep Deep Rest: Nourishment Beyond Food - Supporting Digestion &amp; Metabolic Health <a href="#">Participation Link</a></b>	Allison
3-16	Monday	6:00am – 6:30am	Balance & Stretch	Shannon
3-17	Tuesday	12:15pm – 12:45pm	<b>Kickboxing (In-Person Only) RKL II Rm. 220B</b>	Charissa
3-17	Tuesday	1:00pm – 1:30pm	Mat Pilates	Charissa
3-18	Wednesday	8:00am – 8:30am	<b>Yoga Calm (In-Person Only) Bldg. 53</b>	Shannon
3-18	Wednesday	12:00pm – 12:30pm	Tabata Cardio	Ashley
3-18	Wednesday	12:15pm – 12:45pm	<b>Low-Impact Boxing Break (In-Person Only) Bldg. 31 Rm. 1E04B</b>	Charissa
3-24	Tuesday	12:15pm – 12:45pm	<b>Cycling Session (In-Person Only) RKL II Rm. 220B</b>	Charissa
3-24	Tuesday	1:00pm – 1:30pm	Swiss Ball & Wall Sculpt	Charissa
3-25	Wednesday	6:00am – 6:30am	Yoga for Spring	Shannon
3-25	Wednesday	8:00am – 8:30am	<b>Strong &amp; Stable (In-Person Only) Bldg. 53</b>	Shannon
3-25	Wednesday	12:00pm – 12:30pm	Lo-Cardio, Mobility & Abs	Ashley
3-25	Wednesday	12:15pm – 12:45pm	<b>Line Dance (In-Person Only) Bldg. 31 Rm. 1E04B</b>	Charissa
3-25	Wednesday	3:00pm – 3:30pm	<b>Non-Sleep Deep Rest: Digesting Life - Rest as an Essential Nutrient <a href="#">Participation Link</a></b>	Allison
3-30	Monday	6:00am – 6:30am	Max Strength	Shannon
3-31	Tuesday	12:15pm – 12:45pm	<b>Line Dance (In-Person Only) RKL II Rm. 220B</b>	Charissa
3-31	Tuesday	1:00pm – 1:30pm	Glute Work	Charissa