Virtual "Fitness for You" Classes



November 2026 Facebook Live

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

Date	Day	Time	Program	Trainer
11-2	Monday	6:00am – 6:30am	Trunk Strength Fusion	Shannon
11-3	Tuesday	7:30am – 8:00am	**Yoga Strong (In-Person Only) Bldg. 53**	Shannon
11-3	Tuesday	12:15pm – 12:45pm	**Slow Stretch + Flow (In-Person Only) RKL II Rm. 220B**	Charissa
11-3	Tuesday	1:00pm – 1:30pm	Tabata Chair Fitness	Charissa
11-4	Wednesday	12:00pm – 12:30pm	Upright Conditioning	Ashley
11-4	Wednesday	12:15pm – 12:45pm	**Foam Roll + Stretch (In-Person Only) Bldg. 31 Rm. 1E04B**	Charissa
11-5	Thursday	8:30am – 8:45am	**Mindful Moment:** **15-minute Meditation on Holding Space for the Caregiver Within** **Participation Link**	Leslie
11-9	Monday	6:00am – 6:30am	Yoga 4 Athletes	Shannon
11-9	Monday	12:15pm – 12:45pm	**Functional Fitness Training (In-Person Only) Bldg. 53**	Charissa
11-9	Monday	3:00pm – 3:30pm	**Non-Sleep Deep Rest: Honoring Service Through Rest and Renewal** **Participation Link**	Allison
11-10	Tuesday	7:30am – 8:00am	**Core Fusion (In-Person Only) Bldg. 53**	Shannon
11-10	Tuesday	12:15pm – 12:45pm	**Mat Pilates (In-Person Only) RKL II Rm. 220B**	Charissa
11-10	Tuesday	1:00pm – 1:30pm	Strap Stretch	Charissa
11-13	Friday	12:00pm – 12:30pm	Mini Band Hips + Thighs	Ashley
11-13	Friday	12:15pm – 12:45pm	**Total Body Resistance (In-Person Only) Bldg. 31 Rm. 1E04B**	Charissa
11-16	Monday	12:15pm - 12:45pm	**Fun Functional Fitness (In-Person Only) Bldg. 53**	Charissa
11-17	Tuesday	7:30am – 8:00am	**Yoga 4 Athletes (In-Person Only) Bldg. 53**	Shannon
11-17	Tuesday	11:30am – 11:45am	**Mindful Moment: 15-Minute Pause Before the Holiday Season** **Participation Link**	Leslie
11-17	Tuesday	12:15pm – 12:45pm	**Cycling (In-Person Only) RKL II Rm. 220B**	Charissa
11-17	Tuesday	1:00pm – 1:30pm	Bodyweight HIIT Strength	Charissa
11-18	Wednesday	6:00am – 6:30am	Posterior Chain Strength	Shannon
11-18	Wednesday	12:00pm – 12:30pm	Tabata Bootcamp	Ashley
11-18	Wednesday	12:15pm – 12:45pm	**Pilates + Ring (In-Person Only) Bldg. 31 Rm. 1E04B**	Charissa
11-23	Monday	6:00am – 6:30am	Bodyweight Tabata + Strech	Shannon
11-23	Monday	3:00pm – 3:30pm	**Non-Sleep Deep Rest: Cultivation Gratitude and Nourishment** **Participation Link**	Allison
11-24	Tuesday	7:30am – 8:00am	**Strong & Stable (In-Person Only) Bldg. 53**	Shannon
11-24	Tuesday	12:15pm -12:45pm	**Line Dance (In-Person Only) RKL II Rm. 220B**	Charissa
11-24	Tuesday	1:00pm – 1:30pm	Lightweight Strength	Charissa
11-25	Wednesday	12:00pm – 12:30pm	Standing Abs	Ashley
11-25	Wednesday	12:15pm – 12:45pm	**Line Dance (In-Person Only) Bldg. 31 Rm. 1E04B**	Charissa
11-30	Monday	6:00am – 6:30am	Yoga for Holiday Recovery	Shannon