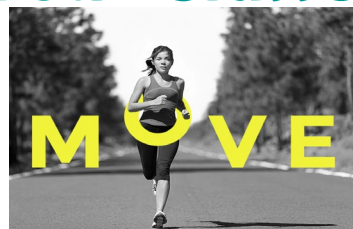


Virtual “Fitness for You” Classes



SEPTEMBER IS
NATIONAL
YOGA
MONTH



September 2025 Facebook Live

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

Date	Day	Time	Program	Trainer
9-2	Tuesday	12:15pm – 12:45pm	Abs, Glutes + Thighs	Charissa
9-2	Tuesday	1:00pm – 1:30pm	Treadmill Trek (In-Person Only) RKL II Rm, 220-B	Charissa
9-3	Wednesday	8:00am – 8:30am	Yoga for Relaxation (In-Person Only) Bldg. 53	Shannon
9-3	Wednesday	12:00pm - 12:30pm	Tabata Mobility + Cardio	Ashley
9-5	Friday	6:00am - 6:30am	Sunrise Yoga	Shannon
9-8	Monday	6:00am – 6:30am	Max Strength: Trunk	Shannon
9-8	Monday	12:15pm – 12:45pm	Bodyweight Strength + Sculpt (In-Person Only) Bldg.31 Rm. 1E04 -B	Charissa
9-9	Tuesday	12:15pm – 12:45pm	Strength + Sculpt (In-Person Only) RKL II Rm, 220-B	Charissa
9-9	Tuesday	1:00pm – 1:30pm	Stretch & Flow	Charissa
9-10	Wednesday	8:00am – 8:30am	Fall HIIT & Stretch (In-Person Only) Bldg.53	Shannon
9-10	Wednesday	12:00pm - 12:30pm	Mobility Balance Sculpt	Ashley
9-10	Wednesday	3:00pm – 3:30pm	Non-Sleep Deep Rest: Ease the Transition to Fall by Slowing Down Participation Link	Allison
9-15	Monday	6:00am – 6:30am	Upper Body Strength	Shannon
9-15	Monday	12:15pm – 12:45pm	Mat Pilates (In-Person Only) Bldg. 31 Rm 1E04-B	Charissa
9-16	Tuesday	12:15pm – 12:45pm	Cycling Connections (In-Person Only) RKL II Rm. 220-B	Charissa
9-16	Tuesday	1:00pm – 1:30pm	Boxing Break	Charissa
9-17	Wednesday	12:00pm – 12:30pm	Total Body Conditioning	Ashley
9-17	Wednesday	1:00pm – 1:30pm	Functional Fit Circuit (In-Person Only) Bldg. 53	Charissa
9-22	Monday	12:00pm – 12:30pm	Celebrate the Fall Equinox & National Yoga Month: Hatha Yoga Participation Link	Allison
9-22	Monday	12:15pm – 12:45pm	Line Dancing (In-Person Only) Bldg. 31 Rm. 1E04-B	Charissa
9-23	Tuesday	12:15pm – 12:45pm	Ab Attack (In-Person Only) RKL II Rm. 220-B	Charissa
9-23	Tuesday	1:00pm – 1:30pm	Swiss Ball + Wall Cardio Sculpt	Charissa
9-24	Wednesday	8:00am – 8:30am	Yoga 4 Balance (In-Person Only) Bldg. 31 Rm. 1E04-B	Shannon
9-24	Wednesday	12:00pm - 12:30pm	Low-Impact Tabata	Ashley
9-24	Wednesday	3:00pm – 3:30pm	Non-Sleep Deep Rest: Balance Busyness with Stillness Participation Link	Allison
9-26	Friday	6:00am – 6:30am	Yoga 101	Shannon
9-29	Monday	6:00am – 6:30am	Posterior Core Work	Shannon
9-30	Tuesday	12:15pm – 12:45pm	Line Dancing (In-Person Only) RKL II Rm. 220-B	Charissa
9-30	Tuesday	1:00pm – 1:30pm	Mat Pilates	Charissa