

# “Fitness for You” March 2024 Virtual & In-Person Fitness

## Descriptions: All levels are welcome!

### Monday, March 3rd

**6:00am Spring into Strength with Shannon:** Strong is the new healthy! Support bone health and decrease the effects of aging with strength training! Using light to heavy weights and a mat, participants will perform various strength exercises in repetition. Proper alignment and posture will be coached. Get stronger!

**8:00am Yoga for Fitness Enthusiasts with Shannon (In-Person Only Bldg.53):** Feeling fit? Join this! A Yoga practice with more flow and vigor, participants can expect to move through various poses for a total body wellness experience! Designed to increase flexibility and endurance, breath control will be encouraged

### Tuesday, March 4<sup>th</sup>

**12:15pm Core on the Floor with Charissa:** Have better quality of life by strengthening the core! Essentially known as “the trunk”, the limbs radiate from the center making the core important to functional daily activities. A strong core helps maintain proper posture and aids in prevention of back pain. In repetitions of 8, participants can expect to perform 2 rounds of each exercise. Be core-ageous! A mat will be utilized.

### Wednesday, March 5<sup>th</sup>

**12:00pm Circuit 360 with Ashley:** It’s a total body workout! From strength to cardio to core...get fit with it! Circuit 360 will involve performing exercises in 45-second intervals of work followed by 15-second intervals of rest or recovery. Moderate to heavy hand weights and a mat will be utilized.

### Thursday, March 6<sup>th</sup>

**12:15pm Wall + Resistance Ball Stretch with Charissa:** Use the wall and a ball to maximize stretches! For a duration of 30 minutes, participants can expect to move through various stretches that are designed to increase muscle and joint range of motion and flexibility. Deep and controlled breathing will be practiced throughout the class for the ultimate mind and body experience! A 35cm-75cm resistance ball is suggested along with a fitness mat.

### Friday, March 7<sup>th</sup>

**6:00am March Madness HIIT with Shannon:** Get into the best position! High-intensity interval training is beneficial in achieving maximal fitness results in a short amount of time. For 30-second intervals of work followed by 15-second recovery cycles, participants will perform various exercises using light to heavy weights and a mat. Prepare to increase endurance and strength for overall health! Physician’s clearance suggested.

**12:00pm Standing Abs + Cardio with Ashley:** Get up and get to it! The body is made to move! Participants will perform exercises like standing crunches, jumping jacks and high knees to elevate the heart rate and increase cardiovascular endurance. Intervals of 30 seconds of work followed by 10-second cycles of recovery will guide the class. Give a jumpstart to the weekend!

### Monday, March 10<sup>th</sup>

**6:00am Functional Fitness: Focus | Squat with Shannon:** Got to squat? Learn proper posture and alignment for the squat! Whether hovering in a port-a-potty, gardening, or picking up groceries, gain useful tips to avoid knee, ankle, and spinal injuries. Light to heavy weights and a mat will be utilized while performing exercises in repetitions of 8. So, get to squatting!

### Tuesday, March 11<sup>th</sup>

**12:15pm Line Dance with Charissa:** So, you think you can line dance? This class will focus on popular line dances and traveling through sequences continuously. While music will not be played during the 30-minute experience, the skills and techniques learned will prepare participants for wedding and barbecue season! It's a cardiovascular workout not to miss!

**1:00pm Line Dance with Charissa (In-Person Only RKL II Rm. 220-B):** Got 2 left feet? Get on a good foot with line dancing! Dance to release positive endorphins while benefiting the cardiovascular system! It's a 30-minute, non-stop exercise experience! Bring a friend!

### Wednesday, March 12<sup>th</sup>

**12:00pm Total Body Tabata with Ashley:** Tighten and tone in record time with Tabata! Tabata involves high intensity interval training bouts of 20 seconds of hard work followed by 10-second recovery periods in successive rounds to achieve maximal health and fitness results in a minimal amount of time. This class will utilize moderate to heavy dumbbells and a mat with the intention of working to exhaustion!

**3:00pm Boost Your Body's Innate Relaxation Response with the Practice of Non-Sleep Deep Rest with Allison:** During times of stress, one of the biggest gifts you can give to yourself is a dedicated time and practice intended to soothe and strengthen your nervous system. Non-sleep deep rest (NSDR) is a powerful tool that strengthens your nervous system by boosting your body's innate relaxation response, allowing for a resilient and calm state of being. NSDR is rooted in the ancient tradition of yoga nidra ("nidra" meaning sleep) and combines mindful breathing and body scanning to bring oneself into an aware, yet deeply relaxed state. [Participation Link](#)

### Thursday, March 13<sup>th</sup>

**12:15pm Towel Stretch on the Floor with Charissa:** Grab a skinny towel and join in the stretch! Using a fitness mat and towel, participants will perform stretches that are designed to increase joint and muscle range of motion for daily activity. Controlled breathing will guide the 30-minute class. This total body experience is not one to miss!

### Friday, March 14<sup>th</sup>

**6:00am Yoga Strong with Shannon:** Got Yogi strength? Yoga is a spiritual practice involving various poses or asanas, designed to bring mind, body and spirit connection. Using a mat and light weights, participants will perform various postures with strength and stretch benefits. It's a non-traditional, all-levels class! Hatha based, get Yoga strong!

**12:00pm Mobility Sculpt with Ashley:** Got 10 more years? The NIH added "balance" to the Physical Activity Readiness Plan in 2019. Morbidity has been linked to the inability to stand on one foot for 20 seconds. Throughout this workout, participants will move through various exercises in intervals of 45 seconds of work followed by 15-second recovery intervals. Some focus will be on balance, with all exercises being performed upright. Moderate to heavy dumbbells are suggested.

### Monday, March 17<sup>th</sup>

**6:00am Leprechaun Strength with Shannon:** Got strength? Don't be green with envy, just steady the levy! Using light to heavy weights, participants will perform strength exercises in repetitions of 8. Start the Spring on a good foot!

**8:00am St. Patrick's Day Yoga Relax with Shannon (In-Person Only Bldg.53):** Lucky or not, give this practice all you've got! Surrender stress and anxiety to immerse in this restorative Yoga experience. Connecting mind, body and spirit, it's a Yoga class that involves guided breathing and intention. Get Yogified! A Yoga mat is suggested

### Tuesday, March 18<sup>th</sup>

**12:15pm Kick Craze with Charissa:** Just kicking! For 30 minutes, participants will learn basic kickboxing kicks and techniques and execute! Kicks will be performed in repetitions of 8 for 4 rounds. The legs lead to the heart...so no procrastination, just start!

### Wednesday, March 19<sup>th</sup>

**12:00pm Tabata Cardio with Ashley:** Cardiovascular exercise helps to prevent heart disease, stroke, and high blood pressure amongst other detrimental conditions. Tabata aids in improving overall wellness for maximal health benefits in a minimal amount of time. Intervals of 20 seconds of hard work followed by 10-second recovery cycles will guide the class. A mat is suggested.

### Thursday, March 20<sup>th</sup>

**12:15pm Chair Stretch with Charissa:** Connect and de-stress with chair stretch! Using a stationary chair, participants will perform various stretches that are designed to increase range of motion for the major and minor muscle groups and joints. Guided breathing and a slow cadence will help in maximization of health benefits for attendees.

### Friday, March 21<sup>st</sup>

**6:00am Total Body Strength & Stability with Shannon:** Be strong and stable! Focusing on proper posture and alignment, participants will perform various exercises using light to heavy weights and a mat. Repetition-based, it's a total body experience for all levels! Go into the weekend with vigor!

**12:00pm Standing Core with Ashley:** Be core-ageous! Prepare to perform various core exercises in 45-second intervals of work followed by 15-second recovery cycles, using moderate to heavy dumbbells. The core is the center of the body and important to ease of movement for daily activity. A strong core often equates to a strong body! It's a workout experience not to miss!

### Monday, March 24<sup>th</sup>

**6:00am Yoga for Athletes with Shannon:** Got Yoga? It's a non-traditional, Hatha-based practice for athletes and fitness enthusiasts! Designed to increase flexibility and range of motion for the demands of sports and fitness, this is a class for all levels! Prepare to move through postures for opening and connecting the mind, body and spirit. Get Yogi fit!

### Tuesday, March 25<sup>th</sup>

**12:15pm Barre Basics with Charissa:** Get the long, lean body that is healthy and strong! Inspired by ballet conditioning, Barre is the low-impact, high-intensity workout for all fitness levels! Grab a set of light hand weights and a mat and let's get busy! Spring into the new season with confidence!

**1:00pm Cycling with Charissa (In-Person Only RKL II Rm. 220-B):** Learn the basics of indoor cycling and prepare for the outdoors! Whether hills or flat roads, participants will move through proper posture for various terrains and rides. Interval-based, prepare to work to exhaustion!

### **Wednesday, March 26<sup>th</sup>**

**12:00pm Upper body Mobility Strength with Ashley:** Build a strong and healthy physique! Strength training can reverse conditions like osteopenia and osteoporosis and encourage fat oxidation at rest! Commit to 45-second intervals of work followed by 15-second recovery intervals. All exercises will be performed standing using moderate to heavy dumbbells. Don't miss it!

### **3:00pm Offer Yourself the Gift of Stillness with the Practice of Non-Sleep Deep Rest with Allison:**

During times of stress, one of the biggest gifts you can give to yourself is a dedicated time and practice intended to soothe and strengthen your nervous system. Non-sleep deep rest (NSDR) is a powerful tool that strengthens your nervous system by boosting your body's innate relaxation response, allowing for a resilient and calm state of being. NSDR is rooted in the ancient tradition of yoga nidra ("nidra" meaning sleep) and combines mindful breathing and body scanning to bring oneself into an aware, yet deeply relaxed state. [Participation Link](#)

### **Thursday, March 27<sup>th</sup>**

**12:15pm Total Body Stretch on the Floor with Charissa:** From the biceps femoris to the biceps brachii, all muscle groups will be explored! Various stretches guided by controlled breathing are designed to relax and rejuvenate stiff and tired limbs and joints. This total body stretch experience is for all levels. A mat is suggested. Let's get stretched!

### **Friday, March 28<sup>th</sup>**

**6:00am Stretch & Relax with Shannon:** Close the week in calm! Using a fitness mat, participants will perform restorative stretches to relieve and recover tired muscles and joints. It's a stretch experience not to miss!

**12:00pm Lower Body Mobility Strength with Ashley:** Got strength? Finish the week with finesse! Strong and limber equates with ease and grace! For 45-second intervals of work, participants will perform strengthening exercises for the major and minor muscle groups followed by 15-second recovery intervals in successive rounds.

### **Monday, March 31<sup>st</sup>**

**6:00am Balance & Strength with Shannon:** Get balanced, get strong! As more science and medicine studies point to the power of posture and strength in longevity, participants gain considerable health benefits by learning proper form and alignment coupled with consistent, regular exercise. This class will focus on mobility, stability and strength for daily activity. Performed in repetitions of 8, prepare to lift light to heavy weights while incorporating the balance bar or a stationary chair to increase intensity or modify.