

# Virtual “Fitness for You” Classes



## March 2025 Facebook Live

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

Date	Day	Time	Program	Trainer
3-3	Monday	6:00am – 7:30pm	Spring into Strength	Shannon
3-3	Monday	8:00am – 8:30am	<b>Yoga for Fitness Enthusiast (In-Person Only Bldg.53)</b>	Shannon
3-4	Tuesday	12:15pm – 12:45pm	Core on the Floor	Charissa
3-5	Wednesday	12:00pm – 12:30pm	Circuit 360	Ashley
3-6	Thursday	12:15pm – 12:45pm	Wall + Resistance Ball Stretch	Charissa
3-7	Friday	6:00am – 6:30am	March Madness HIIT	Shannon
3-7	Friday	12:00pm – 12:30pm	Standing Abs + Cardio	Ashley
3-10	Monday	6:00am – 6:30am	Functional Fitness – Focus: Squat	Shannon
3-11	Tuesday	12:15pm – 12:45pm	Line Dance	Charissa
3-11	Tuesday	1:00pm – 1:30pm	<b>Line Dance ( In-Person Only RKL II Rm, 220-B)</b>	Charissa
3-12	Wednesday	12:00pm – 12:30pm	Total Body Tabata	Ashley
3-12	Wednesday	3:00pm – 3:30pm	<b>Boost Your Body’s Innate Relaxation Response</b> Non-Sleep Deep Rest <a href="#">Participation Link</a>	Allison
3-13	Thursday	12:15pm – 12:45pm	Towel Stretch on the Floor	Charissa
3-14	Friday	6:00am – 6:30am	Yoga Strong	Shannon
3-14	Friday	12:00pm – 12:30pm	Mobility Sculpt	Ashley
3-17	Monday	6:00am – 6:30am	Leprechaun Strength	Shannon
3-17	Monday	8:00am – 8:30am	<b>St. Patrick’s Day Yoga Relax (In-Person Only Bldg.53)</b>	Shannon
3-18	Tuesday	12:15pm – 12:45pm	Kick Craze	Charissa
3-19	Wednesday	12:00pm- 12:30pm	Tabata Cardio	Ashley
3-20	Thursday	12:15pm – 12:45pm	Chair Stretch	Charissa
3-21	Friday	6:00am – 6:30am	Total Body Strength & Stability	Shannon
3-21	Friday	12:00pm – 12:30pm	Standing Core	Ashley
3-24	Monday	6:00am – 6:30am	Yoga for Athletes	Shannon
3-25	Tuesday	12:15pm – 12:45pm	Barre Basics	Charissa
3-25	Tuesday	1:00pm – 1:30pm	<b>Cycling – (In-Person Only RKL II Rm. 220-B)</b>	Charissa
3-26	Wednesday	12:00pm- 12:30pm	Upper Body Mobility Strength	Ashley
3-26	Wednesday	3:00pm – 3:30pm	<b>Offer Yourself the Gift of Stillness – Non-Sleep Deep Rest</b> <a href="#">Participation Link</a>	Allison
3-27	Thursday	12:15pm – 12:45pm	Total Body Stretch on the Floor	Charissa
3-28	Friday	6:00am – 6:30am	Stretch & Relax	Shannon
3-28	Friday	12:00pm – 12:30pm	Lower Body Mobility Strength	Ashley
3-24	Monday	6:00am – 6:30am	Balance & Strength	Shannon