

“Fitness for You” June 2024 Virtual & In-Person Fitness

Descriptions: All levels are welcome!

Monday, July 1st

6:00am Strength + Stability with Shannon: It’s the natural fountain of youth! Proper posture, exercise and stability go a long way! Proper posture helps confidence and reduces falls and injuries, exercise promotes easy blood flow to and from the heart and purges toxins and being strong increases stability! This is a repetition- based class that utilizes light to heavy weights. A mat is also suggested.

Tuesday, July 2nd

12:15pm Light Weights Conditioning with Charissa: Who said weights have to be heavy to get an effective strength training workout? This 30-minute class is guaranteed to induce a sweat for caloric burn and fat oxidation! Using very light weights and a mat, prepare to perform exercises for the major and minor muscle groups in repetitions of 8. It’s a low-impact, high-energy class not to miss!

1:00pm Yoga for Athletes with Shannon (In-Person Only) Bldg.53: Synch the mind, body, and spirit during this 30-minute practice designed for seasoned to novice fitness enthusiasts. Common areas of restriction like the hips, shoulders and hamstrings will be the focus, which are important to movement and being successful in sports and daily activities. A Yoga mat will be provided.

Wednesday, July 3rd

12:00pm Upper Body Strength + Mobility with Ashley: Improve posture and functionality with strength and mobility training! Using moderate to heavy hand weights, prepare to remaining standing throughout this 30-minute, fat and calorie-blasting workout! Exercises for the biceps, triceps, chest, back and abdominals will be performed in 45-second intervals of work followed by 15-second intervals of recovery. Get upper body strong!

Friday, July 5th

6:00am Yoga Strong with Shannon: Be Yoga Strong! This 30-minute practice involves moving through various asanas (poses) using light weights. Yoga is a mind-body class that focuses on flexibility, alignment, breath control and awareness. All levels. A mat will also be utilized.

12:00pm Lower Body Strength + Mobility with Ashley: Be mobile, be strong! In intervals of 45 seconds of work, followed by 15-second recovery intervals, participants will perform exercises to strengthen the gluteal muscles, hips, quadriceps, hamstrings, calf muscles and the feet. Moderate to heavy hand weights will be utilized. Go into the weekend feeling energized!

Monday, July 8th

6:00am Strength Conditioning with Shannon: Strength training is recommended at least 3 times a week for the health of muscles and bones. Repetition-based, participants will perform various exercises using light to heavy weights and a mat. Be strong!

Tuesday, July 9th

12:15pm Chair Fitness with Charissa: Whether at work or home, this chair fitness class will inspire seasoned to novice participants! While sitting in a stationary chair, attendees will activate the major and minor muscle groups through cardiovascular and strength training. Repetitions of 8 will be performed for 2 rounds. A set of light weights is needed.

1:00pm Cycling Connections with Charissa (In-Person Only) RKL II Rm. 220-B: Tap into the world of indoor cycling! Participants will go on a trek through various terrains for an exhilarating, “revolutionary” workout! Prepare to induce a sweat.

Wednesday, July 10th

12:00pm Cardio Tabata with Ashley: Get HIIT fit with Tabata! A high-intensity interval training class, Tabata involves performing exercises at maximum output for 20-second bursts, followed by 10-second recovery intervals for 4-8 rounds. Prepare to break a sweat! A mat will be utilized.

3:00pm Slow Down and Embrace the Sweetness of Stillness with the Practice of Non-Sleep Deep Rest with Allison: Cool off and beat the summer heat with the sweet and quiet practice of non-sleep deep rest (NSDR). 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, July 11th

12:15pm Total Body Stretch with Charissa: Got tightness? Commit to being fit and flexible! For this 30-minute class, participants will be guided through various stretches with a focus on posture, alignment, and breath control. A mat will be utilized.

Friday, July 12th

6:00am Step HIIT! with Shannon: An aerobic step bench, light weights and a mat are needed to join this 30-minute workout! Participants should be prepared to infuse basic step routines with basic strength exercises. Get to stepping!

12:00pm Cardio Abs Mobility with Ashley: Be fit! Cardiovascular health is for the heart; abdominal strength is for the body! For a duration of 30 minutes, attendees will execute low-impact, high-intensity exercises in 30 second periods of work followed by 10-second cycles of recovery. It’s a class not to miss!

Monday, July 15th

6:00am Max Strength Triceps + Chest with Shannon: Upper body strong? Get into the groove with guided strength-training for the triceps and chest! Repetition-based, a mat and moderate to heavy hand weights will be utilized.

Tuesday, July 16th

12:15pm Tabata Abs Only with Charissa: 6-pack anyone? While the coveted “washboard abs” may be mostly genetics and diet, this hardcore abdominal strengthening can be your inspiration. Using 1 moderate dumbbell and a mat, participants will perform exercises that challenge the transverse and rectus abdominis, the internal and external obliques and the pyramidalis. Intervals of 20 seconds of hard work followed by 10-second periods of recovery will guide the class. Prepare to feel the burn!

Wednesday, July 17th

12:00pm Circuit 360 with Ashley: Get a total body workout in 30 minutes or less! In intervals of 45-seconds of work followed by 15-second recovery intervals, participants will engage in cardio, core, and strength exercises in repeated rounds for health of the muscles, bones and overall body. Commit to the circuit!

Thursday, July 18th

12:15pm Stretch Break with Charissa: Get away from the desk and demands of the day and stretch! Using a mat, participants will move through various stretches designed to lengthen and rejuvenate the muscles and joints. Each stretch will be held for a minimum of 15 seconds for full effectiveness.

Friday, July 19th

6:00am Mobility Strength & Stretch with Shannon: Garner the benefits of strengthening the bones and muscles and lengthening them! Repetition-based, participants will perform various strengthening exercises for the muscles and stretching exercises for the bones. A mat and medium hand weights are needed.

12:00pm Compound Strength + Mobility with Ashley: Maximize time and health benefits! Challenge 2 or more muscle groups simultaneously for an effective total body workout! While remaining upright participants will perform exercises in intervals of 45 seconds of work followed by 15-second recovery cycles. Moderate to heavy dumbbells will be utilized to increase fat oxidation! Be strong and mobile!

Monday, July 22nd

6:00am Yoga for Stress Reduction with Shannon: Help alleviate tired and achy bones during this 30-minute, low-impact spiritual practice! Participants are encouraged to focus on breathing, alignment, and awareness for a total full body experience! A Yoga mat and block will be utilized.

12:00pm Slow Down and Refresh with the Practice of Non-Sleep Deep Rest with Allison: Cool off and beat the summer heat with the sweet and quiet practice of non-sleep deep rest (NSDR). 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](#)

Tuesday, July 23rd

12:15pm Abs, Glutes +Thighs with Charissa: Tighten and tone the abdominal and gluteal muscles and the thighs using light to moderate dumbbells! An infusion of Barre, Pilates and various other strengthening exercises, participants will surely feel the burn! Performed in repetitions of 8 for 2 rounds, it's a low-impact, high-intensity workout not to miss! A mat and easy to moderate hand weights suggested.

1:00pm Core on the Floor with Shannon (In-Person Only) Bldg.53: Dedicate 30 minutes of the day to core strength! This class focuses on the core- which is essentially the trunk- to increase stability for daily activities. Using a fitness mat and light to moderate hand weights, participants will move through guided exercises to activate the center.

1:00pm Treadmill Trek with Charissa (In-Person Only) RKL II Rm. 220-B: Take a midday break and activate the muscles, joints and cells of the body! Simply, the body is made to move. By engaging in walking, jogging, hills or sprints, participants are sure to gain health benefits! Each person will be met where they are in their physical journey. The instructor will guide the class through challenges of varying intervals for an aerobic and anaerobic experience!

Wednesday, July 24th

12:00pm Chair Tabata with Ashley: A great workout can be performed in a chair! That's right! True to the Tabata method, participants will perform exercises in 20-second intervals of hard work followed by 10-second recovery cycles for 4-8 rounds. A stationary chair and light to heavy dumbbells will be utilized. Get chair fit!

Thursday, July 25th

12:15pm Towel Stretch with Charissa: Stretch on the beach or stretch at home, but with a towel assist, you'll have happy bones! An arm length towel or strap is suggested for this 30-minute, total body stretching session! The towel aids in increasing traction of the stretch for deeper and greater effectiveness. A Breath control will be practiced while maintaining each stretch for at least 15 seconds. Grab a towel and a mat, this is a no-brainer!

Friday, July 26th

6:00am Balance & Strength with Shannon: Got balance, got strength? The benefits of balance and strength training are many! Falls are a leading cause of accidental deaths in the USA, which can be prevented by maintaining strong muscles and joints! With a focus on proper posture and alignment, participants will perform exercises using light to heavy hand weights, a chair and a balance bar or broom. Light to heavy weights and a mat will be utilized.

12:00pm Standing Abs with Ashley: Who said abdominal exercises have to be done on the floor? For a duration of 45 seconds of work, followed by 15-second recovery intervals, attendees will activate the transverse and rectus abdominis as well as the internal and external obliques and pyramidalis for upright abdominal annihilation!

Monday, July 29th

6:00am Core on the Floor with Shannon: Get on the floor and activate the core! Using light to heavy hand weights and a mat, participants will execute exercises designed to strengthen the trunk for a "core-ageous" experience! Because the limbs radiate from the core, expect a total body workout.

Tuesday, July 30th

12:15pm Bodyweight Only: Upright Mobility with Charissa: Get into the groove, learn how to move! This 30-minute class will challenge balance and strength using no equipment or props. Learn proper posture to decrease, alleviate and/or heal shoulder, back, hip, knee and ankle pain. Repetitions of 8 exercises for 2 rounds will be performed. It's a total body experience not to miss!

1:00pm Hatha Yoga with Shannon (In-Person Only) Bldg.53: It's a spiritual practice focusing on poses (asanas) to preserve vital force or energy. The postures are held for a longer duration using breath control to maintain each asana. Join this 30-minute class to connect the mind, body, and spirit. A Yoga mat will be provided.

1:00pm Total Body Stretch with Charissa (In-Person Only) RKL II Rm. 220-B: Let's get stretched! Stretching should be a daily activity for all. Participants will engage in active stretches, holding each for 15 seconds or longer. Give the body some relief...stretch and be free! A mat will be provided.

Wednesday, July 31st

12:00pm Gliding! with Ashley: Get to gliding and go! Using gliding discs, paper plates and a mat, participants will perform exercises like lunges in intervals of 30 seconds of work followed by 10-second recovery intervals. It's a cardiovascular and strengthening workout to miss.