

Virtual “Fitness for You” Classes



July 2024 Facebook Live:

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

Date	Day	Time	Program	Trainer
7-1	Monday	6:00am – 6:30am	Strength + Stability	Shannon
7-2	Tuesday	12:15pm – 12:45pm	Light Weights Conditioning	Charissa
7-2	Tuesday	1:00pm – 1:30pm	Yoga for Athletes (In-Person Only) Bldg. 53	Shannon
7-3	Wednesday	12:00pm – 12:30pm	Upper Body Strength + Mobility	Ashley
7-5	Friday	6:00am – 6:30am	Yoga Strength	Shannon
7-5	Friday	12:00pm – 12:30pm	Lower Body Strength + Mobility	Ashley
7-8	Monday	6:00am – 6:30am	Strength Conditioning	Shannon
7-9	Tuesday	12:15pm – 12:45pm	Chair Fitness	Charissa
7-9	Tuesday	1:00pm – 1:30pm	Cycling Connections (In-Person Only) RKL II Rm 220-B	Charissa
7-10	Wednesday	12:00pm – 12:30pm	Cardio Tabata	Ashley
7-10	Wednesday	3:00pm – 3:30pm	Slow Down and Embrace the Sweetness of Stillness – Non-Sleep Deep Rest Participation link	Allison
7-11	Thursday	12:15pm – 12:45pm	Total Body Stretch	Charissa
7-12	Friday	6:00am – 6:30am	Step HIIT!	Shannon
7-12	Friday	12:00pm – 12:30pm	Cardio Abs Mobility	Ashley
7-15	Monday	6:00am – 6:30am	Max Strength Triceps + Chest	Shannon
7-16	Tuesday	12:15pm – 12:45pm	Tabata Abs Only	Charissa
7-18	Wednesday	12:00pm – 12:30pm	Circuit 360	Ashley
7-18	Thursday	12:15pm – 12:45pm	Stretch Break	Charissa
7-19	Friday	6:00am – 6:30am	Mobility Strength & Stretch	Shannon
7-19	Monday	6:00am – 6:30am	Yoga for Stress Reduction	Shannon
7-22	Monday	12:00pm – 12:30pm	Slow Down and Refresh - Non-Sleep Deep Rest Participation Link	Allison
7-23	Tuesday	12:15pm – 12:45pm	Abs, Glutes + Thighs	Charissa
7-23	Tuesday	1:00pm – 1:30pm	Core on the Floor (In-Person Only) Bldg. 53	Shannon
7-23	Tuesday	1:00pm – 1:30pm	Treadmill Trek (In-Person Only) RKL II Rm 220-B	Charissa
7-24	Wednesday	12:00pm – 12:30pm	Chair Tabata	Ashley
7-25	Thursday	12:15pm – 12:45pm	Towel Stretch	Charissa
7-26	Friday	6:00am – 6:30am	Balance & Strength	Shannon
7-26	Friday	12:00pm – 12:30pm	Standing Abs	Ashley
7-29	Monday	6:00am – 6:30am	Core on the Floor	Shannon
7-30	Tuesday	12:15pm – 12:45pm	Bodyweight Only: Upright Mobility	Charissa
7-30	Tuesday	1:00pm – 1:30pm	Hatha Yoga (In-Person Only) Bldg. 53	Shannon
7-30	Tuesday	1:00pm – 1:30pm	Total Body Stretch (In-Person Only) RKL II Rm 220-B	Charissa
7-31	Wednesday	12:00pm – 12:30pm	Gliding!	Ashley