

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

Descriptions: All levels are welcome!

Wednesday, May 1st

12pm Tabata Cardio with Ashley: Take a midday break and Tabata away! Tabata is one of the latest the training methods that produces significant health benefits in a short duration of time. Tabata involves performing exercises at a high intensity for short quickbursts, with little recoverytime. For intervals of 20 seconds of work followed by 10 second recovery intervals, participants will perform cardiovascular exercises like jumping jacks, squat jumps, and mountain climbers. Grab a mat and get cranking! Physician’s clearance strongly recommended.

Thursday, May 2nd

12:15pm Open, Decompress and Stretch with Charissa: Tense or tight? Take some time to stretch! For a duration of 30 minutes, attendees will engage in lengtheningstretches, hip and shoulder openers and stretches that aid in increasing joint and muscle range of motion. Get stretched! A mat is suggested.

Friday, May 3rd

6am May Day Monday Functional Fitness - Focus: Foot Alignment with Shannon: It’s a total body workout dedicated to finding the proper foot positioning in space! Learn to align the feet properly while performing functional lower body movement! Using light to heavy weights and a mat, participants can expect to perform various exercises involved in daily movement. Get off on a good foot!

12pm Standing Abs with Ashley: Got abdominal strength? The abdominal muscles aid in supporting the spine and are important to mobility and stability. For 45-second intervals of work followed by 15-second recovery intervals, participants will perform exercises like standing crunches, side bends, and trunktwists for an exhilarating, upright, abdominal-strengthening experience! Don’t miss it

Monday, May 6th

6am Post Cinco De Mayo HIIT! with Shannon: Count repetitions in Spanish for this Cinco de Mayo edition of HIIT (high-intensity-interval training)! Set to 30-second intervals of intense exercise, followed by 10-second recovery intervals, participants should be prepared to challenge and engage the entire body! Moderate to heavy weights and a mat are suggested.

12pm Embrace the Sweetness of Stillness with the Practice of Non-Sleep Deep Rest with Allison: For the month of May, allow yourself to slow down and enjoy the sweetness of being still and quiet with the 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 bodyscanning to bring oneself into an aware, yet deeply relaxed state. [Participation Link](#)

Tuesday, May 7th

12:15pm Low-Intensity Latin Dance with Charissa: !Baila! Get moving! Salsa y merengue then cha-cha across the floor! For a duration of 30 minutes, participants will engage in differing forms of Latin dance for a nonstop exhilarating party experience! Basic dance movements will be performed in 8-count combinations. Boost mood and mind!

Wednesday, May 8th

12pm Upper Body Strength with Ashley: Be strong for viability! Focus on strengthening the upper body using light to heavy weights! In intervals of 45 seconds of work followed by 15-second cycles of recovery, participants will execute exercises activating the triceps, biceps, chest, abdominals and back. Strength training is the fountain of youth! A mat is suggested.

Thursday, May 9th

12:15pm Breathe, Recover & Stretch with Charissa: Wind down the week with stretch relief! Stretching with a focus on breath control increases blood flow throughout the body and diminishes stress. Take a break and stretch! Participants can expect to open and increase the range of motion for the major and minor muscle groups along with the joints. Don't neglect the stretch! A fitness mat is suggested.

1pm QuickFit Check with Charissa (In-person only) RKL II Rm. 200-B: Now you know your body fat percentage, but what does it mean? Get a better understanding of how your body burns fat and what exercises will help you reach your goal. **Calculate Your Body Mass Index** - Body mass index (BMI) is a measure of body fat based on height and weight that applies to adult men and women.

Friday, May 10th

6am Yoga Strong with Shannon: Close the week out strong! Engage in authentic Yoga asanas (poses) with hand weights to strengthen the body! Yogic breathing performed with poses will guide this 30-minute, non-traditional Yoga class experience! Light to heavy weights and a mat suggested.

12pm Lower Body Strength with Ashley: Live long, be strong! Strengthen training is important to maintaining bone density, muscle mass and youthfulness! In intervals of 45 seconds of work, followed by 15-second recovery intervals, participants will perform quadriceps, hamstring, hip, gluteal, and calf exercises for a lower body workout experience! All exercises will be performed while standing. Moderate to heavy hand weights are needed to participate.

2pm QuickFit Check with Shannon (In-person only) Bldg. 53: Now you know your body fat percentage, but what does it mean? Get a better understanding of how your body burns fat and what exercises will help you reach your goal. **Calculate Your Body Mass Index** - Body mass index (BMI) is a measure of body fat based on height and weight that applies to adult men and women.

Monday, May 13th

6am Core on the Ball with Shannon: A stability ball and light to heavy weights are needed to participate in this core strengthening class! The core is essentially the trunk and includes the transverse abdominis, multifidus, internal and external obliques, erector spinae, diaphragm, pelvic floor muscles, and the rectus abdominis. Various anti-gravity exercises using the Swiss ball and hand weights will be explored. A mat is optional.

Tuesday, May 14th

12:15pm Tabata Strength with Charissa: Tap into fat burning at rest with Tabata Strength! Tabata is high-intensity fitness training that maximizes health benefits in a minimal amount of time. For 20-second intervals of hard work participants will perform exercises that strengthen the major and minor muscle groups utilizing heavier hand weights than would normally be used. 10-second intervals of recovery will follow each burst of hard work. Increase fat oxidation!

1pm Yoga Strength with Shannon (In-person Only) Bldg. 53: Take mundane Yoga routines to new heights by fusing Yoga and strength training! A non-conventional Yoga practice, Yoga Strength involves performing authentic Yogic poses using light to moderate weights for flexibility and functional movement integrity. Hatha-based, transitions and poses will be guided by breathing and mind-body connection. Find awareness and move with intention! A Yoga mat is suggested.

Wednesday, May 15th

12pm Total Body Tabata with Ashley: It's total body Tabata training! Tabata is designed to increase health benefits in a short amount of time by performing exercises in short, intense bursts with little recovery time. For 20-second intervals of hard work, followed by 10-second cycles of recovery, attendees will execute exercises to strengthen the bones and muscles of the entire body. Moderate to heavy dumbbells are suggested to maintain the integrity of the class. A mat will also be utilized. Some strength training experience is suggested.

Thursday, May 16

12:15pm Towel Stretch with Charissa: Grab a towel and let's stretch! Daily stretching is important to muscle and joint range of motion for performance of daily tasks. Mood and life satisfaction are increased when the body moves with ease! Increase the traction of each stretch using an arm-length towel. A mat will also be utilized.

1pm Cycling Connections with Charissa (In-person only) RKL II Rm. 200-B: Connect breathing, movement, and the mind for a revolutionary cycling experience! Participants will engage in a ride of mixed terrains for a calorie-blasting workout! Take a break and cycle away for a healthy body!

Friday, May 17th

6am Spring Training Tabata + Stretch with Shannon: Feeling energized? Spring into step! Using moderate to heavy weights, participants will perform high-intensity exercises in intervals of 20 seconds of hard work followed by a 10-second recovery interval. Cardiovascular and strength exercises will be executed to exhaustion. Close the last month of Spring with Tabata and stretching! A mat is also suggested.

12pm Mini Band Core Mania with Ashley: Commit to get fit! Using moderate to strong loop bands, participants will perform core exercises in intervals of 45 seconds of work followed by 15-second rest intervals. The core is essentially the trunk which is important to stability and mobility.

Monday, May 20th

6am Yoga for Athletes with Shannon: A mat and Yoga blocks are suggested in participation of this 30-minute Yoga practice! Designed to encourage flexibility among athletes and fitness enthusiasts alike, common areas of stress like the hips, spine and hamstrings will be explored. Controlled breathing will guide the class. Tap in!

Tuesday, May 21st

12:15pm Kick Repetitions with Charissa: Let's kick it! Front, back, side or roundhouse, there's a kick for everyone! In repetitions of 8, participants will execute various authentic kickboxing kicks. Learn the proper place for a kick to land on the opponent and situational occurrences in which kicks can be beneficial.

1pm Hatha Yoga with Shannon (In-person Only) Bldg.53 Front Lawn: It's a Hatha class for all levels! Yogis will synch breath and movement for an immersive, total body experience! Yoga asanas (poses) designed to increase flexibility, joint range of motion, and body awareness will be performed. A mind-body class, participants are encouraged to move with intention, and find proper alignment- with guidance from the instructor- for each pose. A Yoga mat is suggested.

Wednesday, May 22nd

12pm Strength Conditioning with Ashley: A strong body is healthy! Using light to heavy dumbbells, attendees will engage in strengthening the body by performing weighted exercises in 45-second repetitions followed by 15-second recovery cycles. A mat will also be used. This is a total body workout not to miss!

Recharge by Creating a Sweet and Quiet Space with the Practice of Non-Sleep Deep Rest with Allison: For the month of May, allow yourself to slow down and enjoy the sweetness of being still and quiet with the 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, May 23rd

12:15pm Stretch Resist & Recovery with Charissa: For every action, there is a reaction and for every twist there can be a resist! This class will focus on resistance stretches that can help alleviate tightness and tension in the body. Take the routine stretch and make it sing! A mat is suggested.

1pm Kinetic Stretching w/ Charissa (In-person only) RKL II Front Lawn: Could the source of one's back pain originate at the shoulders? Absolutely! This class focuses on posturing and aligning the body properly for pain-free living. Prepare to move through guided stretches for the total body. It's a rejuvenating experience not to miss!

Friday, May 24th

6am Upper Body Takeover with Shannon: Be upper body strong! Using light to heavy weights and a mat, participants will perform exercises designed to strengthen the triceps, biceps, chest, abdominals, and spine. Prepare to focus on proper alignment and positioning in space. Get upper body fit!

12pm Low-Impact Cardio Mobility with Ashley: Just move! This is a class dedicated to movement- without jumping or transitioning to the floor! Performed upright, participants will engage in 30-second intervals of exercise followed by 10-second intervals of recovery. No equipment is needed, just you!

Tuesday, May 28th

12:15pm Posture, Resistance Play + Balance with Charissa: Connect the mind and body with this futuristic strength class experience! In a world of AI and ChatGPT, there is a place for you and me! Using one's own body weight, participants will create unique resistance while maintaining a neutral spine and balanced body. It's a workout against invisible forces! Be sure to share with your friends! A mat will be utilized.

1pm Core Intensive with Shannon (In-person Only) Bldg. 53: Increase abdominal strength and overall stability! Using light to heavy weights, participants will perform intense core training exercises performed on the floor. Achieve stronger abdominals for the support of the low back through a series of weight bearing exercises! Get "core-ageous"! A mat is suggested.

Wednesday, May 29th

12pm Transverse Abdominis with Ashley: Got lower abdominal strength? A class designed to challenge the transverse abdominal wall; attendees can expect to engage in various exercises that are sure to induce low belly exhaustion! Intervals of 45 seconds of work followed by 15-second recovery intervals will guide the 30-minute class. A mat is suggested.!

Thursday, May 30th

12:15pm Dynamic Chair Stretch + Decompress with Charissa: Confined to a chair? Don't fret! This active stretching class will keep desk and chair dwellers content! Using a stationary chair, participants will move through varying stretches that are designed to inspire spinal decompression and greater muscle and joint range of motion. It's an exhilarating stretch experience like never before! All levels are welcome.

Friday, May 31st

6am Stretch + Relax with Shannon: We're stretching it! Join this restorative class to end the week. Ideal for the overworked and/or overachieving professional, participants can expect to increase flexibility and relieve discomfort caused by tight, shortened, and tired muscles and joints. A mat will be utilized. Yoga blocks and a strap are optional. Go into the weekend feeling renewed!

12pm Mobility Muscle-Focused Tabata with Ashley: Get mobile, get strong! Performed standing, grab some moderate to heavy dumbbells and get lifting! In intervals of 20 seconds of work followed by 10-second recovery intervals, attendees will engage in major and minor muscle group strength training. By using heavier weights than usual, prepare to induce a sweat and fat burn at rest!