

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

## Descriptions: All levels are welcome!

### Monday, April 1<sup>st</sup>

**Strength & Stability | FOCUS: Lower Body with Shannon:** Level up the lower body! The lumbar spine, transversus abdominis, psoas, and the oblique muscles are responsible for initiating lower body movement. For a duration of 30 minutes, participants will learn proper alignment of the spine for lower body functional movement and perform strengthening exercises for these muscles. Light to heavy hand weights and a mat will be utilized. Get stronger and more stable to age gracefully!

### Tuesday, April 2<sup>nd</sup>

**Tabata Strength with Charissa:** Oxidize fat at rest! Tabata training is the ultimate workout for maximal health benefits in a short amount of time! For 20-second intervals of hard work, followed by 10-second recovery intervals, participants will engage in strength training for the major and minor muscle groups. Moderate to heavy hand weights and a mat will be utilized. (Slightly heavier than normal dumbbells are suggested to increase intensity for the short intervals of hard work.) 4 rounds of exercises in repetitions of 8 for each muscle group will be performed.

### Wednesday April 3<sup>rd</sup>

**Tabata Cardio Bodyweight Bootcamp with Ashley:** It's time to get busy! This fusion of cardiovascular and strength training is a calorie blasting, fat-zapping experience! For 20-second intervals of hard work, followed by 10-second recovery intervals, participants will perform exercises that are designed to increase the heart rate and increase strength and endurance of the muscles. Spring into summer with high-intensity interval training! A mat is suggested.

### Thursday, April 4<sup>th</sup>

**Stretch for Shoulder & Back Relief with Charissa:** Got tightness? Get some relief with gentle, guided stretches. Prolonged sitting can cause compression of the spine and rounding of the shoulders resulting in sleep disturbances and general restlessness. For 30 minutes, attendees will perform stretches designed to alleviate tension in the muscles and joints. It's a stretch session not to miss! A mat is suggested.

### Friday, April 5<sup>th</sup>

**Yoga Strong with Shannon:** Take a progressive Yoga approach! Yoga Strong involves incorporating light to heavy hand weights into the performance of authentic poses, with the purpose of increasing the intensity of the Yoga practice. Participants can expect to engage the major muscle groups in a Hatha-style flow. A mat is suggested.

**Balance Sculpt with Ashley:** Test physical activity readiness with balancing exercises! According to the WHO, accidental falls are the second leading cause of injury-related deaths in the world. By remaining active and building muscle and bone strength, the chances of a fall are decreased. Should a fall occur, reaction time in catching oneself or fracturing and/or breaking a bone is lessened. Prepare to get stronger and more stable with 45-second intervals of work followed by 15-second intervals of rest. Light to heavy hand weights is the only equipment needed.

#### Monday, April 8<sup>th</sup>

**Spring HIIT with Shannon:** Spring into fitness! Elevate cardiovascular health with 30 minutes of high-intensity interval exercises! This workout consists of 45-second bouts of hard work, followed by 15-second recovery cycles. Participants will increase the heart rate for cardiovascular conditioning while simultaneously strengthening the bones for longevity. Moderate to heavy weights and a mat will be utilized.

#### Tuesday, April 9<sup>th</sup>

**Jazzy-cise with Charissa:** Get moving with dance fitness! How about a grapevine? Maybe a shoulder roll? Is this what's been missing? Should we take a poll? Easy 8-count combinations will have participants dancing across the room. No dance experience needed, just you! It's a cardiovascular workout for all levels! Don't miss it!

**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 poses using light to moderate weights to increase flexibility and strength. 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 April 10<sup>th</sup>

**Abs Only with Ashley:** Abdominal strength is "ab"solutely necessary! To support the spine and decrease the chances of back pain, the abdomen must be strong. For 45-second intervals of work, followed by 15-second recovery intervals, attendees will engage in strengthening exercises for the abdominal muscles. A mat will be utilized.

#### Thursday, April 11<sup>th</sup>

**Total Body Stretch with Charissa:** Let's get stretched! Restricted joints and muscles equate to decreased range of motion for daily activities and crankiness! By improving flexibility, the possibility of functional injuries lessens and overall life satisfaction increases. It's a class not to miss! A mat is suggested.

**Cycle Connections with Charissa (In-person only) RKL II Rm. 200-B:** Come and take a ride! Connect with indoor cycling techniques that translate to the outdoors! Be a rider year-round! Participants will experience various terrains in which connections to body mechanics and breathing will be the focus. Take an early afternoon ride to energize!

### Friday, April 12<sup>th</sup>

**Max Strength with Shannon:** Train to achieve maximum strength! Using at least 2-3 sets of weights that are slightly heavier than usual, prepare to perform various exercises designed to activate and strengthen the body for bone and muscle health. Proper alignment and body mechanics will be practiced through guided coaching by the instructor. This class is repetition based. Get stronger and age with grace! Moderate to weights and a mat are suggested.

**Chair Tabata with Ashley:** Sit and get fit? That's right! Join this low-impact, high-intensity workout designed for desk dwellers, those with injuries or conditions, or simply those who want to try a different experience! Achieving physical fitness in a chair is possible with cardiovascular, core and strength training! Participants will need light to heavy dumbbells to perform exercises in intervals of 20 seconds of hard work followed by 10-second cycles of recovery. A stationary chair is recommended.

### Monday, April 15<sup>th</sup>

**Bodyweight Tabata with Shannon:** Oxidize fat at rest with Tabata! By working as hard as possible in quick bursts, exercise enthusiasts can gain maximal fitness results in a short amount of time! 20-second, high-intensity intervals will dominate the class, with a 10-second rest interval following each explosive effort! Fat burn can continue for 24-72 hours post-workout! Activate the major muscle groups using bodyweight! A mat is suggested.

### Tuesday, April 16<sup>th</sup>

**Boxing Break with Charissa:** Got hands? Engage in authentic boxing hits and techniques! Whether a jab, upper cut, hook, or body shot, increase cardiovascular and muscle health with shadow boxing! In repetitions of 8, participants will perform various boxing exercises for the ultimate fitness experience! Roll like a butterfly, sting like a bee!

### Wednesday, April 17<sup>th</sup>

**360 HIIT Challenge with Ashley:** Go hard with HIIT! High-intensity interval training is designed to boost metabolism and overall health. 45-second bouts of hard work followed by 15-second cycles of recovery will dominate this half-hour class experience! It's a cardio, strength, and core workout for all levels! Moderate to heavy dumbbells and a mat are needed to participate.

### Thursday, April 18<sup>th</sup>

**Dynamic Stretch & Relief with Charissa:** Gain mobility and move easier with dynamic stretching! Daily functional tasks require joint and muscle range of motion to be performed with fluidity. Participants can expect to engage in stretches designed to rejuvenate the major and minor muscle groups for a total body stretch experience! Achieve greater flexibility and health! A mat is suggested.

**Stretch for Back Relief with Charissa (In-person only) RKL II Rm. 200-B:** Back pain? Participants will move through guided spinal stretches fueled by breath to decrease compression and tightness as a result of postural misalignment and a sedentary lifestyle. Leave the desk and relieve some stress! Mats provided.

### Friday, April 19<sup>th</sup>

**Core on the Floor with Shannon:** Be core-ageous! Take the core floor challenge! The core consists of the abdominal and spinal muscles, the pelvic floor, and the diaphragm. The core essentially keeps a person upright. This class focuses on activating core muscles for strength and stability. Expect to move through repetition-based exercises that are sure to push participants to exhaustion! A mat is suggested.

**Upright Cardio + Abs with Ashley:** Increase mobility and fitness with cardiovascular and abdominal training! In intervals of 30 seconds of work, followed by 10-second intervals of recovery, attendees will execute various exercises while remaining upright. Get moving and get healthy!

### Monday, April 22<sup>nd</sup>

**Mobility Strength + Stretch with Shannon:** Be mobile, be strong! Focus on posture and alignment during strength training and stretching to achieve balance, flexibility, and total body health benefits! Using light to heavy hand weights, participants will perform movements and exercises designed to stretch and strengthen the muscles and joints. Start the week feeling energized and refreshed! A mat is optional. All levels are welcome.

### Tuesday, April 23<sup>rd</sup>

**Bodyweight HIIT with Charissa:** Get fit with HIIT! HIIT is high-intensity interval training that involves alternating intense exercise with short recovery periods to achieve maximum health benefits in a minimal amount of time! It's the ultimate fat-burning and calorie-blasting workout! Exercises will be executed for a duration of 30 seconds of hard work followed by 15-second cycles of recovery. A mat is suggested.

**Hatha Yoga with Shannon (In-person Only) Bldg.53:** It's a Hatha class for all levels! Yogis will synch breath and movement for an immersive, total body experience! Yoga asanas (poses) will be performed that are designed to increase flexibility, joint range of motion, and body awareness. 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, April 24<sup>th</sup>

**Glide n' Go with Ashley:** Grab some gliders and get busy! For 30 minutes, participants will perform cardiovascular and strength exercises using gliders or paper plates. Intervals of 45 seconds of work followed by 15-second intervals of recovery will command the class. Glide away! A mat is suggested.

### Thursday, April 25<sup>th</sup>

**Total Body Stretch with Charissa:** Got flexibility? Muscle range of motion limited? Take 30 minutes to lengthen the muscles and relieve achy joints! Participants can expect to perform various stretches for the major and minor muscle groups. Move with fluidity and grace! A mat will be utilized.

**HIIT Treadmill Trek with Charissa (In-person only) RKL II Rm. 200-B:** Looking to get in shape fast? Get maximal results in a short amount of time with treadmill HIIT training! Participants can choose to walk, jog or run, so all levels can participate. Prepare to engage in moderate to strong intensity intervals for a short amount of time to reach anaerobic thresholds. Get fit with HIIT!

#### Friday, April 26<sup>th</sup>

**Yoga for Athletes: FOCUS | Balance, Flexibility & Strength with Shannon:** It's a midday, non-traditional Yoga experience! Designed to propel novice to experienced Yogis through various asanas (poses), mind-body connection will be explored for maximal awareness and enlightenment! A Yoga mat and blocks will be utilized to achieve greater range of motion and traction for each pose. Get Yoga strong! A Yoga mat and blocks are suggested.

**Upright Cardio + Strength with Ashley:** Spring into fitness! As the seasons change, evolve with greater health! In intervals of 45 seconds of work followed by 15-second intervals of rest, participants will perform cardiovascular and strength exercises while standing. Moderate to heavy dumbbells will increase the intensity of the workout for a caloric blasting, fat oxidizing fitness experience!

#### Monday, April 29<sup>th</sup>

**Strength + The Step with Shannon:** Get up and get fit! The Step is back! Increase workout intensity using a step and light to heavy hand weights! Attendees will perform cardiovascular and strength exercises with vigor via this energizing 1980s-inspired workout! Basic aerobic step sequences will be performed. Begin the week feeling vibrant and strong!

#### Tuesday, April 30

**Barre Body with Charissa:** Desire a toned yet lean look? Well, it's time to hit the Barre! Techniques to lengthen and strengthen the body simultaneously will be practiced for a total-body, blast workout! Exercises performed in repetitions of 8 will keep the class at a steady cadence for 30 minutes. Grab light weights and a mat to participate.

**Core Intensive with Shannon (In-person Only) Bldg.53:** Increase abdominal strength and overall stability! Using light to heavy weights, participants will engage in 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.