

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

Descriptions: All levels are welcome!

Monday, June 3

6am Strength & Stability with Shannon: Be strong and stable! Through guided instruction, with a focus on alignment and posture, participants will use light to heavy weights to perform exercises that are designed to strengthen muscles used in daily activity. To increase or sustain bone health, perform strength training at least 3 times a week. Commit to remain fit! A fitness mat will also be utilized.

Tuesday, June 4

12:15pm Chair Sculpt with Charissa: Grab light hand weights to join this 30-minute total body workout! Using a stationary chair, participants will perform repetition-based strength exercises to activate the major and minor muscle groups.

Wednesday, June 5

12pm Transverse Abdominis with Ashley: Grab a mat and get on track...with lower abdominal strengthening! Attendees will engage in guided 45-second intervals of exercise followed by 15-second recovery intervals. The lower abdominals are important to stability. It's a fitness class not to miss!

3pm Create Stillness and Honor Your Unique Being with the Practice of Non-Sleep Deep Rest with Allison: *"My humanity is bound up in yours, for we can only be human together."* Desmond Tutu. June is right around the corner, and it's a unique opportunity to honor and celebrate our common humanity and the spirit of diversity and inclusion for all. The ancient tradition of yoga nidra ("nidra" meaning sleep), allows us to slow down and turn inward, so that we can connect to our unique being so that we may also connect on a deeper level to the oneness in all. In this Western world, the yoga nidra tradition has been translated to the practice of non-sleep deep rest (NSDR), which combines mindful breathing and body scanning techniques to bring oneself into an aware, yet deeply relaxed state. [Participation link](#)

Thursday, June 6

7:30am Stretch for Back Relief with Charissa: Back pain? It's time to stretch again! Integrating breath control and proper alignment, participants will perform various stretches that will aid in spinal decompression, flexibility, muscle and joint relief and overall relaxation. Get stretched! A fitness mat is suggested.

Friday, June 7

6am Yoga Strong with Shannon: Got Yoga? Enhance strength in Yoga postures by adding hand weights! Combining yoga and strength training can help improve overall health and fitness. Participants will perform various poses using light weights. A mat is suggested.

12pm Balance Sculpt with Ashley: Shape and strengthen the body with balance training and sculpting! Using moderate to heavy dumbbells, participants will perform exercises in intervals of 45 seconds of work followed by 15-second recovery intervals. Maintaining balance and avoiding falls is necessary to longevity and physical fitness. Get balanced and strong!

Monday, June 10

6am Stability Ball Training with Shannon: Level up with stability ball training! This advanced class involves anti-gravity exercises that will test stability and strength simultaneously! Light to heavy weights, a Swiss ball and a mat will be utilized. Repetition-based, participants should expect a challenge! Not recommended for deconditioned individuals or novice fitness enthusiasts.

Tuesday, June 11

12:15pm Core on the Floor with Charissa: Get more by strengthening the core! The limbs radiate from the core which means that a strong body starts with a strong core! Using one moderate hand weight, participants will perform exercises in repetitions of 8 that are sure to challenge novice to experienced fitness enthusiasts alike! Be "core-ageous"! A mat is suggested.

1pm Yoga for Athletes with Shannon (In-Person Only) Building 53: Yoga can help improve flexibility, balance, coordination, and breathing for sports and daily tasks. For this 30-minute practice, participants will perform various poses while standing, sitting, prone, or supine for a total body experience! A Yoga mat is recommended.

1pm Indoor Cycling with Charissa (In-Person Only) RKL II Rm 220-B: Take a work break and satiate the body's need for movement! For 30 minutes, cyclists will engage in a guided, mixed terrain ride using a stationary bike. Tap into aerobic and anaerobic phases for health of the heart and overall body!

Wednesday, June 12

12pm Bootcamp Tabata with Ashley: Get fit...quick! Tabata is designed to produce maximal health benefits in a short amount of time. For intervals of 20 seconds of work followed by 10-second recovery intervals, participants will perform bootcamp-inspired exercises like squats, lunges, and mountain climbers. Set new heights and fitness goals with Tabata!

Thursday, June 13

12:15pm Stretch + Recover with Charissa: Reduce stress with rest! A midday class dedicated to breath control and stretching, participants can prepare to hold stretches for a duration of 15 or more seconds to encourage relaxation for joint and muscle relief. The major and minor muscle group will be involved for a total body experience! A mat is suggested.

Friday, June 14

6am HIIT It! with Shannon: High-intensity interval training is beneficial for all populations! It's considered the natural fountain of youth as HGH production increases after the workout, causing the aging process to slow down! HIIT involves short bursts of intense or explosive exercise, followed by a short recovery period. Grab light to heavy weights and a mat and prepare to get busy!

12pm Compound Strength Mobility with Ashley: Perform 2 or more exercises simultaneously to increase intensity and strength! For 45 seconds of work followed by 15-second recovery intervals participants will explore the major and minor muscle groups. Moderate to heavy hand weights will surely illicit working to exhaustion! It's a low-impact, high-intensity workout not to miss!

Monday, June 17

6am Maximum Strength | Focus: Back & Biceps with Shannon: Want a challenge? It's an advanced class for conditioned exercise enthusiasts! Using heavy weights, participants will move through various exercises that are designed to strengthen the biceps and back. The back is important to core stability and balance. Strong biceps are needed in daily activity for pushing, pulling, holding, and lifting objects. Heavy weights will be utilized for this class. Moderate weights are suggested for finishing repetitions at the point of exhaustion. A mat is suggested.

Non-Sleep Deep Rest: Slow Down and Celebrate Oneness with Allison: *"My humanity is bound up in yours, for we can only be human together."* Desmond Tutu. June is right around the corner, and it's a unique opportunity to honor and celebrate our common humanity and the spirit of diversity and inclusion for all. The ancient tradition of yoga nidra ("nidra" meaning sleep), allows us to slow down and turn inward, so that we can connect to our unique being so that we may also connect on a deeper level to the oneness in all. In this Western world, the yoga nidra tradition has been translated to the practice of non-sleep deep rest (NSDR), which combines mindful breathing and body scanning techniques to bring oneself into an aware, yet deeply relaxed state. [Participation link](#)

Tuesday, June 18

12pm Safety, Health & Wellness Day: Dance Vibes with Linda (In-Person Only) Building 31C Courtyard: Dance class with worldwide rhythms. Get ready to take a trip around the world and sweat your way through this energetic and fun workout.

12:15pm Bodyweight Balance + Sculpt with Charissa: Got balance? Whether it's diet, work-to-play or one's body, maintaining balance is necessary to vitality. According to a recent NIH study, persons who could not balance for 10 seconds were less likely to live for another 10 years. Life expectancy increased by 1 year with each additional second balance could be maintained. Participants can expect to move through various exercises involving balance, which will surely sculpt and tone the muscles for a total body workout! 1 moderate to heavy weight and a mat will be utilized.

1pm Safety, Health & Wellness Day: Hatha Yoga with Shannon (In-Person Only) Building 31C Courtyard: Hatha yoga focuses on posture and breathing, in a slow pace. Traditionally a spiritual practice to bring balance between the sun and moon, participants can expect to perform poses while incorporating breath control. Align and calm the mind, body, and spirit! A Yoga mat will be provided.

Wednesday, June 19

Juneteenth African Dance with Charissa: Be free and flow with it! In celebration of Juneteenth, get moving with a fun 19-minute class of African music exploration while incorporating rhythmic cultural dance! Easy movements will be performed for all to enjoy! No dance experience needed.

Thursday, June 20

12:15pm Chair + Stability Ball Stretch with Charissa: Take stretching to new heights with the aid of the Swiss ball! For a duration of 15 or more seconds, attendees will learn proper posture and positioning in space for various stretches using a stability ball or chair. Prepare for a total body stretch experience! A fitness mat, stationary chair and stability ball will be utilized.

Friday, June 21

6am Mobility Strength & Stretch with Shannon: Close the week feeling rejuvenated! Using hand weights, participants can expect to engage in guided exercises, with a focus on alignment and proper positioning of the body in space to perform functional movements. The major and minor muscle groups will be activated for a total body experience! A fitness mat and moderate dumbbells are recommended.

12pm Standing Low-Impact Cardio with Ashley: Get moving! The body is designed to move. With reduction in movement and a sedentary lifestyle comes dysfunction and restriction. Reignite the cells and heart with cardiovascular fitness! During this 30-minute class, participants will engage in 30-second intervals of cardio exercise followed by 10-second intervals of recovery. Ease blood flow with cardio!

Monday, June 24

6am Yoga for Relaxation with Shannon: It's a restorative Yoga class for all levels! Focusing on physical, mental, and emotional health, this practice involves holding poses for a longer duration with guided breath control. Prepare to lengthen muscles, increase joint range of motion, and open the body. A Yoga mat and a block are suggested.

12pm Go Gliding! with Ashley: Grab gliders and get moving! Gliding discs or paper plates will be utilized to perform various exercises in intervals of 30 seconds of work followed by 10-second cycles of recovery. A cardio and strength class, participants will increase overall endurance for a total body experience! A mat will be utilized.

Tuesday, June 25

1pm Core on the Floor with Shannon (In-Person Only) Building 31C Courtyard: Strengthen the core on the floor! Essentially the trunk, attendees will perform guided exercises for the abdominals, chest, back and hips in repetitions of 8. Prepare to work to exhaustion! A fitness mat and weights will be provided.

12:15pm Ab Attack with Charissa: Got ab strength? Take 30 minutes to assess abdominal strength by performing exercises in intervals of 30 seconds of work followed by 10-second cycles of recovery. To increase intensity, 1 moderate to heavy hand weight is recommended. The abdominal muscles help to support the spine and are important to posture and mobility. Commit to ab fitness! A mat will be utilized.

Wednesday, June 26

12pm Total Body Tabata with Ashley: Level up with Tabata! Tabata is the high-intensity interval training workout that is taking the world by storm! Designed to produce maximal health benefits in a short amount of time, Tabata involves performing intense exercises in 20 second bursts, followed by a 10-second recovery cycle. Moderate to heavy hand weights will be utilized.

Thursday, June 27

12:15pm Wall Stretch with Charissa: No masseuse? Don't fret, just wall stretch! Using a wall, participants will perform stretches that are sure to relieve tired and compressed muscles and joints. Prepare for a total body stretching experience! A mat is suggested.

1pm Stretch and Flow with Charissa (In-Person Only) RKL II Rm 220-B: It's the sure way to go...stretch and flow! Daily stretching is recommended for health of the muscles and joints. Increase range of motion for ease of daily activity! Participants will move through gentle stretches with clean transitions and breath control for a total body stretch experience!

Friday, June 28

6am Balance & Strength with Shannon: Got stability? To remain strong and stable, balance training and strength training are necessary. Using a chair or balance bar, participants can expect to perform exercises that are designed to strengthen the major and minor muscle groups for daily activities. Repetition-based, attendees can increase intensity with heavier weights. Grab light to heavy weights and commit today!

12pm Standing Abs with Ashley: Increase aerobic capacity with this upright abdominal workout! Perform exercises like standing crunches and standing side bends to activate the abdominal muscles, while also engaging other muscle groups. Prepare to perform in intervals of 45 seconds of work followed by 15-second cycles of recovery. One moderate to heavy weight will be utilized for some exercises.