

# Virtual “Fitness for You” Classes



## June 2024 Facebook Live:

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

Date	Day	Time	Program	Trainer
6-3	Monday	6:00am – 6:30am	Strength Stability	Shannon
6-4	Tuesday	12:15pm – 12:45pm	Chair Sculpt	Charissa
6-5	Wednesday	12:00pm – 12:30pm	Transverse Abdominis	Ashley
6-5	Wednesday	3:00pm- 3:30pm	Non-Sleep Deep Rest: Create Stillness and Honor Your Unique Being <a href="#">Participation Link</a>	Allison
6-6	Thursday	7:30am – 8:00am	Stretch for Back Relief	Charissa
6-6	Thursday	11:30am – 1:00pm	<b>Take a Hike Day– Building 1 Front Lawn</b> <b>Warm-up 11:40am</b>	Linda
6-7	Friday	6:00am – 6:30am	Yoga Strong	Shannon
6-7	Friday	12:00pm – 12:30pm	Balance Sculpt	Ashley
6-10	Monday	6:00am – 6:30am	Stability Ball Training	Shannon
6-11	Tuesday	12:15pm – 12:45pm	Core on the Floor	Charissa
6-11	Tuesday	1:00pm – 1:30pm	<b>Indoor Cycling (In-Person Only) RKL II Rm 220-B</b>	Charissa
6-11	Tuesday	1:00pm – 1:30pm	<b>Yoga for Athletes (In-Person Only) Bldg.53</b>	Shannon
6-12	Wednesday	12:00pm – 12:30pm	Bootcamp Tabata	Ashley
6-13	Thursday	12:15pm – 12:45pm	Stretch + Recover	Charissa
6-13	Thursday	1:00pm – 1:30pm	<b>Treadmill Training (In-Person Only) RKL II Rm 220-B</b>	Charissa
6-14	Friday	6:00am – 6:30am	HIIT It!	Shannon
6-14	Friday	12:00pm – 12:30pm	Compound Strength Mobility	Ashley
6-17	Monday	6:00am – 6:30am	Maximum Strength – Focus: Back & Biceps	Shannon
6-17	Monday	12:00pm – 12:30pm	Non-Sleep Deep Rest Slow Down and Celebrate Oneness <a href="#">Participation Link</a>	Allison
6-18	Tuesday	12:00pm – 12:30pm	<b>Safety, Health &amp; Wellness Day – Dance Vibes</b> <b>(In-Person Only) Building 31C Courtyard</b>	Linda
6-18	Tuesday	12:15pm – 12:45pm	Bodyweight Balance + Sculpt	Charissa
6-18	Tuesday	1:00pm – 1:30pm	<b>Safety, Health &amp; Wellness Day - Hatha Yoga</b> <b>(In-Person Only) Building 31C Courtyard</b>	Shannon
6-19	Wednesday	11:00am – 11:19am	Juneteenth African Dance	Charissa
6-20	Thursday	12:15pm – 12:45pm	Chair + Stability Ball Stretch	Charissa
6-21	Friday	6:00am – 6:30am	Mobility Strength & Stretch	Shannon
6-21	Friday	12:00pm – 12:30pm	Standing Low-Impact Cardio	Ashley
6-24	Monday	6:00am – 6:30am	Yoga for Relaxation	Shannon
6-24	Monday	12:00pm – 12:30pm	Gliding & Go	Ashley
6-25	Tuesday	12:15pm – 12:45pm	Ab Attack	Charissa
6-25	Tuesday	1:00pm – 1:30pm	<b>Core on the Floor (In-Person Only) Building 53</b>	Shannon
6-26	Wednesday	12:00pm – 12:30pm	Total Body Tabata	Ashley
6-27	Thursday	12:15pm – 12:45pm	Wall Stretch	Charissa
6-27	Thursday	1:00pm – 1:30pm	<b>Stretch and Flow (In-Person Only) RKL II Rm 220-B</b>	Charissa
6-28	Friday	6:00am – 6:30am	Balance & Strength	Shannon
6-28	Friday	12:00pm – 12:30pm	Standing Abs	Ashley