

Virtual “Fitness for You” Classes



April 2025 Facebook Live

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

| Date | Day | Time | Program | Trainer |
|------|-----------|-------------------|--|----------|
| 4-1 | Tuesday | 12:15pm – 12:45pm | Barre Sculpt | Charissa |
| 4-2 | Wednesday | 12:00pm – 12:30pm | Low-Impact Cardio | Ashley |
| 4-3 | Thursday | 12:15pm – 12:45pm | Floor Stretch + Flow | Charissa |
| 4-4 | Friday | 6:00am – 6:30am | Strong & Stable | Shannon |
| 4-4 | Friday | 12:00pm – 12:30pm | Total Body Tabata | Ashley |
| 4-7 | Monday | 6:00am – 6:30am | Body Weight HIIT | Shannon |
| 4-8 | Tuesday | 12:15pm – 12:45pm | Treadmill Training (In-Person Only) RKL II Rm. 220-B | Charissa |
| 4-8 | Tuesday | 1:00pm – 1:30pm | Ab Attack | Charissa |
| 4-9 | Wednesday | 12:00pm – 12:30pm | Mobility Sculpt | Ashley |
| 4-9 | Wednesday | 12:15pm – 12:45pm | Mat Pilates (In-Person Only) Bldg.31 Rm 1E04B | Charissa |
| 4-9 | Wednesday | 3:00pm – 3:30pm | Spring Forward and Boost Resilience: Non-Sleep Deep Rest Participation Link | Allison |
| 4-10 | Thursday | 12:15pm – 12:45pm | Towel Stretch for Back Relief | Charissa |
| 4-11 | Friday | 6:00am – 6:30am | Maximum Strength: Back + Biceps | Shannon |
| 4-11 | Friday | 8:00am – 8:30am | Yoga Strong (In-Person Only) Bldg.53 | Shannon |
| 4-11 | Friday | 12:00pm – 12:30pm | Chair Tabata | Ashley |
| 4-14 | Monday | 6:00am – 6:30am | Spring Yoga | Shannon |
| 4-14 | Monday | 8:00am – 8:30am | Yoga Relax (In-Person Only) Bldg.53 | Shannon |
| 4-14 | Monday | 12:00pm – 12:30pm | Stretch & Yoga Restore (In-Person Only) Bldg.31 Rm.1E04B | Shannon |
| 4-15 | Tuesday | 12:15pm – 12:45pm | Cycling Connections (In-Person Only) RKL II Rm 220-B | Charissa |
| 4-15 | Tuesday | 1:00pm – 1:30pm | Lower Body Sculpt on the Floor | Charissa |
| 4-16 | Wednesday | 12:00pm- 12:30pm | Leg Sculpt + Loop Bands | Ashley |
| 4-17 | Thursday | 12:15pm – 12:45pm | Hip + Heart Opening Stretch | Charissa |
| 4-18 | Friday | 6:00am – 6:30am | Balance & Strength | Shannon |
| 4-18 | Friday | 12:00pm – 12:30pm | Mobility Compound Strength | Ashley |
| 4-21 | Monday | 6:00am – 6:30am | Core on the Floor | Shannon |
| 4-22 | Tuesday | 12:15pm – 12:45pm | 60-Second Fit Challenge (In-Person Only) RKLII Rm 220B | Charissa |
| 4-22 | Tuesday | 1:00pm – 1:30pm | Upper Body Sculpt on the Floor | Charissa |
| 4-23 | Wednesday | 12:00pm- 12:30pm | Tabata Boot Camp | Ashley |
| 4-23 | Wednesday | 12:15pm- 12:45pm | Line Dancing (In-Person Only) Bldg.31 Rm. 1E04B | Charissa |
| 4-23 | Wednesday | 3:00pm – 3:30pm | Recoup Your Energy: Non-Sleep Deep Rest Participation Link | Allison |
| 4-24 | Thursday | 12:15pm – 12:45pm | Pilates Play | Charissa |
| 4-25 | Friday | 6:00am – 6:30am | Functional Fitness: Shoulders + Traps | Shannon |
| 4-25 | Friday | 8:00am- 8:30am | Yoga for Athletes (In-Person Only) Bldg.53 | Shannon |
| 4-25 | Friday | 12:00pm – 12:30pm | Mini-Band Abs + Glutes | Ashley |
| 4-28 | Monday | 6:00am – 6:30am | Max Strength: Quads + Hips | Shannon |
| 4-29 | Tuesday | 12:15pm – 12:45pm | Line Dancing (In-Person Only) RKL II Rm 220-B | Charissa |
| 4-29 | Tuesday | 1:00pm – 1:30pm | Light Weight Sculpt | Charissa |
| 4-30 | Wednesday | 12:00pm 12:30pm | Circuit 360 | Ashley |