

“Fitness for You 2025 January Virtual & In-Person

. Fitness Descriptions: All levels are welcome!

Thursday, January 2nd

12:15pm New Year, New Flow: Stretch with Charissa: Commit to a well-rounded fitness routine! Did you know that exercise is a form of stress? Stretching can release serotonin and aid in stress relief, along with reducing muscle tension, improving blood flow, and improving sleep. Participants will move through a slow, steady stretch session designed to incorporate the major and minor muscle groups. It's a total body experience not to miss! A mat is suggested.

Friday, January 3rd

6:00am Mat Pilates with Charissa: Got a Pilates body? Long lean limbs and a proportional frame is the Pilates way! With a focus on the center and key elements like breath control/breathing, oppositions, precision and concentration, participants will perform exercises that are designed to strengthen and lengthen the muscles simultaneously. A mat and a set of light weights is suggested.

12:00pm Tabata: Balance Sculpt with Ashley: Train the efficient way! Tabata is the workout that packs major benefits in a minimal amount of time! With moderate to heavy dumbbells, participants will perform exercises in intervals of 20 seconds of hard work followed by 10-second recovery intervals. Practice balance while executing strength exercises...it's a win-win!

Monday, January 6th

6:30pm Candlelight Yoga with Shannon: Enlightenment with candlelight...join in! This Hatha-based practice involves performing Yoga asanas (poses) that encourage calm and centeredness. It's a total body experience for all levels. A sticky mat is suggested...don't be left in the shadows!

Tuesday, January 7th

12:15pm Pilates Barre Fusion with Charissa: Pump it up for Pilates and Barre! Using a set of light hand weights, prepare to execute exercises designed to strengthen the “powerhouse” or trunk for a total body sculpting experience! It's a class not to miss! A mat is suggested.

Wednesday, January 8th

12:00pm Bodyweight Tabata Bootcamp with Ashley: Who needs hand weights when there's bodyweight? Grab a mat and get busy! Participants can expect to perform exercises in 20 seconds of exertion followed by 10-second recovery intervals at or near anaerobic capacity. Achieve maximal health benefits in a short amount of time! Expect pushups, squats, sit-ups, galore! A mat is suggested.

3:00pm Non-Sleep Deep Rest: Letting Go through Stillness with Allison: Welcome the New Year by letting go and embracing the gift of stillness and deep relaxation 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. We are offering two NSDR classes this month, on Wednesday, January 8 at 3pm and Wednesday, January 22 at 3:00pm. Both classes will be taught by Allison Rose, MHS, E-RYT500, Ayurveda Yoga and Fitness Specialist. [Participation Link](#)

Thursday, January 9th

12:15pm Wall Stretch with Charissa: Back by popular demand! This total body stretch session uses a stable wall as a prop...so relaxing participants won't want to stop! Infusing breath control with a focus on alignment, it's a stretch experience not to miss! A sticky mat or fitness mat is suggested. A pillow or blanket is optional.

Friday, January 10th

6:00am Core Intensive with Shannon: Kick it up a gear with Core Intensive! The core is essentially the trunk. Using light to heavy weights and a mat, attendees will move through various exercises that focus on strengthening the center. Because the limbs radiate from the trunk, it's a total body experience that benefits all levels, for all levels! This is a repetition-based class; sets of 8 will be explored. Be "core"ageous! Get core fit!

12:00pm Standing Abs with Ashley: Say goodbye to flab, hello standing abs! Strengthen the abdominal muscles to support the back! Ease or relieve tension in the back with exercises that concentrate on the internal and external obliques, the transverse and rectus abdominis and the pyramidalis. 45-second intervals of exertion followed by 15-second intervals of rest or recovery will guide the class.

Monday, January 13th

6:00am New Year, New You: HIIT with Shannon: Start the year off on a good foot! High-intensity interval training involves performing exercises in short bursts to achieve anaerobic state, with short recovery periods. For a duration of 30 seconds of hard work, followed by 10-second recovery cycles, participants will move through continual rounds of varying exercises for a total body, calorie blasting experience! Get fit with HIIT!

8:00am Yoga Relax with Shannon (In-Person Only) Bldg.53: Bring a Yoga mat and join this restorative spiritual practice! Yogis will perform asanas for calming and connecting the mind, body, soul and spirit. It's a Hatha-based practice for the total body. A Yoga mat is recommended.

Tuesday, January 14th

12:15pm Dance Fitness with Charissa: So, you think you can dance? Look no further...test memory, funk and flavor with 8-count combos and footwork. Think mambo, pivots, salsa, cha-cha, grapevines and box stepping galore! Dancing releases positive endorphins that improve mood and encourages confidence! Get up and move to the groove!

1:00pm Triad Training w/ Charissa (In-Person Only) RKL II Rm. 220-B: It's a combination of cardio, strength, and core training! In blocks of 8 minutes participants will move through exercises that increase the heart rate, challenge the major and minor muscles groups and strengthen the trunk. Activate fat burning and calorie expenditure! Adjustments and modifications based on fitness level and availability to perform exercises will be incorporated. Don't miss it!

Wednesday, January 15th

12:00pm Chair Tabata with Ashley: Confined to a chair or desk for much of the day? A stationary chair and moderate to heavy dumbbells, please! Take a break and join this seated strengthening class that is sure to increase overall energy and heart rate! Exercises for the major and minor muscle groups will be performed in 20-second intervals of exertion followed by 10-second rest/recovery periods. Oxidize fat at rest with high intensity interval strength training!

Thursday, January 16th

12:15pm Chair Towel Stretch with Charissa: Grab a stationary chair and towel and settle in! Stretching invigorates the cells, muscles, organs, and joints! Participants can expect to incorporate deep breathing while holding stretches for at least 15 seconds to achieve maximal health benefits. The major and minor muscle groups will be explored. A long, thin towel or strap spanning both arms is suggested. Don't miss it!

Friday, January 17th

6:00am Max Strength Biceps, Triceps & Shoulders with Shannon: Strength training is a stream to the fountain of youth! Whether maintaining or increasing bone density, oxidizing fat at rest or throughout the day or for the prevention of injury or pain in the body, weightlifting is "loaded" with benefits! This high-intensity, low-impact class is sure to induce a sweat without compromising the joints! Heavy weights and a mat will be utilized.

12:00pm Mobility Sculpt with Ashley: Be strong, be mobile! Falls are amongst the leading cause of accidental deaths in America. To be mobile, balance is necessary and is a measure of physical active readiness. In intervals of 45 seconds of work followed by 15-second recovery intervals participants will perform strength exercises while standing with a focus on proper form and alignment. Moderate to heavy hand weights will be utilized.

Tuesday, January 21st

12:15pm Total Body Floor Sculpt with Charissa: Looking to tighten and tone? Join this 30-minute strengthening session! Using light to moderate weights and a mat, participants will perform exercises for the major and minor muscle groups on the floor! Repetition-based, it's a low-impact, high intensity class not to miss.

Wednesday, January 22nd

12:00pm Upper Body Strength & Mobility with Ashley: Get upper body strong! Allot 30 minutes to this strengthening session for the chest, back, biceps, triceps, and abdominals! In 45-second intervals of hard work followed by 15-second recovery intervals, participants will perform exercises to strengthen the top half of the body. Moderate to heavy dumbbells will be utilized.

3:00pm Mindful Moment: Non-Sleep Deep Rest - Embrace the Gift of Deep Relaxation with Allison:

Welcome the New Year by letting go and embracing the gift of stillness and deep relaxation 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. We are offering two NSDR classes this month, on Wednesday, January 8 at 3pm and Wednesday, January 22 at 3:00pm. Both classes will be taught by Allison Rose, MHS, E-RYT500, Ayurveda Yoga and Fitness Specialist. [Participation Link](#)

Thursday, January 23rd

12:15pm Back Relief Floor Stretch with Charissa: Got back pain? Join this floor-based class dedicated to stretching and relieving soreness and stress of the spine. Deep breathing and breath control will be practiced to achieve maximal health benefits. While the center will be the focus, it's a total body stretch session for all! A mat is suggested. Let's get stretched!

Friday, January 24th

6:00am Balance & Strength with Shannon: Strong and balanced is the new healthy! Balance was added to the NIH's Physical Activity Readiness Assessment in 2019. By increasing strength and engaging in balance training, life expectancy is increased. Using a stationary chair or balance bar and light to heavy weights, participants will perform exercises that assist in maintaining even distribution of weight through the feet and proper posture and alignment while strength training. It's a repetition-based class for all levels. Be balanced, be strong!

12:00pm Lower Body Strength & Mobility with Ashley: Complete the week with lower body training! Carve 30-minutes out of the day to strengthen the bottom half. In 45-second intervals of work followed by 15-second cycles of recovery, attendees will execute various exercises for the hips, legs, and feet. Moderate to heavy weights will be utilized.

Monday, January 27th

6:00am Yoga Relax with Shannon: Relax and restore with Yoga on the floor! This 30-minute spiritual practice is dedicated to breath control and mind-body connection. Participants will perform asanas (poses) that are designed to stretch and open the body. Tap into consciousness and awareness through focused movements and intentions. A Yoga mat and a block will be utilized.

8:00am Yoga for Athletes with Shannon (In-Person Only) Bldg.53: Feeling intimidated? Difficulty in performing basic Yoga postures? Then this class is for you! Focus on proper form and alignment while performing poses that increase joint and muscle range of motion. It's an all-levels class not to miss! A mat is recommended.

Tuesday, January 28th

12:15pm Bodyweight Sculpt on the Floor with Charissa: Entering bodyweight beast mode! With a focus on proper form and alignment, prepare to engage in 2 rounds of the same exercise in intervals of 30 seconds of hard work followed by 10-second recovery intervals. The major and minor muscle groups will be explored. It's a total body experience that is sure to oxidize fat at rest!

1:00pm Cycling Connections with Charissa (In-Person Only) RKL II Rm. 220-B: Put the best foot forward...and pedal! Join this 30-minutes express class devoted to indoor cycling where participants are guided with a simulation of mixed terrain. Whether novice or a seasoned rider, it's a class for all levels! Let's go for a ride!

Wednesday, January 29th

12:00pm Bodyweight Cardio + Abs with Ashley: Whether traveling or at home, bodyweight training is a great way to stay fit! Using a fitness mat, participants will perform cardiovascular and abdominal exercises in intervals of 30 seconds of work followed by 10-second recovery intervals. Prepare to tap into aerobic and anaerobic training!

Thursday, January 30th

12:15pm Back Decompress, Shoulder & Hip Stretch with Charissa: Daily sitting/typing at a desk for an extended time, driving for long periods and/or lengthy texting promotes shoulder, back, and hip issues amongst other conditions. This class focuses on proper posture while coaching participants on correct form and alignment to eliminate or mitigate hip, back, and shoulder pain. A concentration on breathing, body mechanics and positioning in space is essential. Grab a mat and join in!

Friday, January 31st

6:00am Triple Extension with Shannon: Focus on exerting three joints simultaneously for maximum power! Strengthen the hips, knees, and ankles for the demands of explosive movements and activities in sports and daily activity. This repetition-based class will utilize light weights and a mat. Be strong, be fit!

12:00pm Total Body Tabata + Balance with Ashley: Commit to total body fitness! Get the benefits of strengthening and balance in one class! While upright, participants will perform strengthening exercises in intervals of 20 seconds of work followed by 10-second cycles of recovery. Moderate to heavy dumbbells will be utilized. Take advantage of this low-impact, high-intensity workout for all levels!