

Virtual “Fitness for You” Classes



January 2025 Facebook Live

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

Em	Day	Time	Program	Trainer
1-2	Thursday	12:15pm – 12:45pm	New Year New You: Stretch	Charissa
1-3	Friday	6:00am – 6:30am	Mat Pilates	Charissa
1-3	Friday	12:00pm – 12:30pm	Tabata: Balance Sculpt	Ashley
1-6	Monday	6:30pm – 7:00pm	Candlelight Yoga	Shannon
1-7	Tuesday	12:15pm – 12:45pm	Pilates Barre Fusion	Charissa
1-8	Wednesday	12:00pm – 12:30pm	Bodyweight Tabata Bootcamp	Ashley
1-8	Wednesday	3:00pm – 3:30pm	Non-Sleep Deep Rest: Letting Go Through Stillness Participation Link	Allison
1-9	Thursday	12:15pm – 12:45pm	Wall Stretch	Charissa
1-10	Friday	6:00am – 6:30am	Core Intensive	Shannon
1-10	Friday	12:00pm – 12:30pm	Standing Abs	Ashley
1-13	Monday	6:00am – 6:30am	New Year, New You: HIIT	Shannon
1-13	Monday	8:00am – 8:30am	Yoga Relax (In-Person Only) Bldg.53	Shannon
1-14	Tuesday	12:15pm – 12:45pm	Dance Fitness	Charissa
1-14	Tuesday	1:00pm – 1:30pm	Triad Training (In-Person Only) RKL II Rm. 220-B	Charissa
1-15	Wednesday	12:00pm – 12:30pm	Chair Tabata	Ashley
1-16	Thursday	12:15pm – 12:45pm	Chair Towel Stretch	Charissa
1-17	Friday	6:00am – 6:30am	Max Strength Biceps, Triceps & Shoulders	Shannon
1-17	Friday	12:00pm – 12:30pm	Mobility Sculpt	Ashley
1-21	Tuesday	12:15pm – 1:00pm	Total Body Floor Sculpt	Charissa
1-22	Wednesday	12:00pm- 12:30pm	Upper Body Strength & Mobility	Ashley
1-22	Wednesday	3:00pm – 3:20pm	Mindful Moment: Non-Sleep Deep Rest - Embracing the Gift of Deep Relaxation Participation Link	Allison
1-23	Thursday	12:15pm – 12:45pm	Back Relief Floor Stretch	Charissa
1-24	Friday	6:00am – 6:30am	Balance & Strength	Shannon
1-24	Friday	12:00pm – 12:30pm	Lower Body Strength & Mobility	Ashley
1-27	Monday	6:00am – 6:30am	Yoga Relax	Shannon
1-27	Monday	12:00pm – 12:30pm	Yoga for Athletes (In-Person Only) Bldg.53	Ashley
1-28	Tuesday	6:00am – 6:30am	Bodyweight Sculpt on the Floor	Charissa
1-28	Tuesday	1:00pm – 1:30pm	Cycling Connections (In-Person Only) RKL II Rm. 220-B	Charissa
1-29	Wednesday	12:00pm- 12:30pm	Bodyweight Cardio + Abs	Ashley
1-30	Thursday	12:15pm – 12:45pm	Back Decompress, Shoulder & Hip Stretch	Charissa
1-31	Friday	6:00am – 6:30am	Triple Extension	Shannon
1-31	Friday	12:00pm – 12:30pm	Total Body Tabata + Balance	Ashley