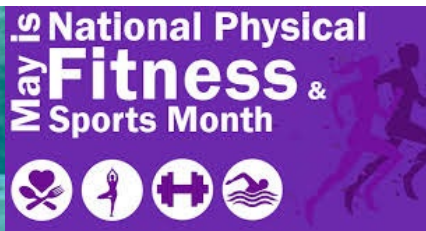
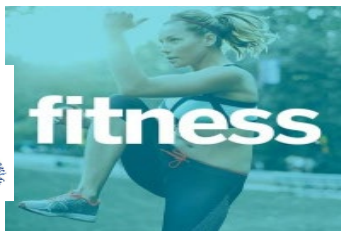


# Virtual “Fitness for You” Classes



## May 2024 Facebook Live:

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

Date	Day	Time	Program	Trainer
5-1	Wednesday	12:00pm – 12:30pm	Tabata Cardio	Ashley
5-2	Thursday	12:15pm – 12:45pm	Open, Decompress and Stretch	Charissa
5-3	Friday	6:00am – 6:30am	Functional Fitness – Focus: Foot Alignment	Shannon
5-3	Friday	12:00pm – 12:30pm	Standing Abs	Ashley
5-6	Monday	6:00am – 6:30am	Post Cinco De Mayo HIIT!	Shannon
5-6	Monday	12:00pm – 12:30pm	Non-Sleep Deep Rest – <b>Embrace the Sweetness of Stillness</b> <a href="#">Participation Link</a>	Allison
5-7	Tuesday	12:15pm – 12:45pm	Low-Intensity Latin Dance	Charissa
5-8	Wednesday	12:00pm – 12:30pm	Upper Body Strength	Ashley
5-9	Thursday	12:15pm – 12:45pm	Breathe, Recover & Stretch	Charissa
5-9	Thursday	1:40pm – 1:45pm	QuickFit Check <b>In-Person Only (RKL II Rm. 220-B)</b>	Charissa
5-10	Friday	6:00am – 6:30am	Yoga Strong	Shannon
5-10	Friday	12:00pm – 12:30pm	Lower Body Strength	Ashley
5-10	Friday	2:00pm – 2:45pm	QuickFit Check <b>In-Person Only (Bldg.53)</b>	Shannon
5-13	Monday	6:00am – 6:30am	Core on the Ball	Shannon
5-14	Tuesday	12:15pm – 12:45pm	Tabata Strength	Charissa
5-14	Tuesday	1:00pm – 1:30pm	Yoga Strength <b>In-Person Only (Bldg.53)</b>	Shannon
5-15	Wednesday	12:00pm – 12:30pm	Total Body Tabata	Ashley
5-16	Thursday	12:15pm – 12:45pm	Towel Stretch	Charissa
5-16	Thursday	1:00pm – 1:30pm	Cycling Connections <b>In-Person Only (Bldg.53)</b>	Charissa
5-17	Friday	6:00am – 6:30am	Spring Training Tabata & Stretch	Shannon
5-17	Friday	12:00pm – 12:30pm	Mini Band Core Mania	Ashley
5-20	Monday	6:00am – 6:30am	Yoga for Athletes	Shannon
5-21	Tuesday	12:15pm – 12:45pm	Kick Repetitions	Charissa
5-21	Tuesday	1:00pm – 1:30pm	Hatha Yoga <b>In-Person Only (Bldg.53 Front Lawn)</b>	Shannon
5-22	Wednesday	12:00pm – 12:30pm	Strength Conditioning	Ashley
5-22	Wednesday	3:00pm- 3:30pm	Non-Sleep Deep Rest – <b>Recharge by Creating a Sweet and Quiet Space</b> <a href="#">Participation Link</a>	Allison
5-23	Thursday	12:15pm – 12:45pm	Stretch Resist & Recovery	Charissa
5-23	Thursday	1:00pm – 1:30pm	Kinetic Stretching <b>In-Person Only (RKL II Rm. 220-B Front Lawn)</b>	Charissa
5-24	Friday	6:00am – 6:30am	Upper Body Takeover	Shannon
5-24	Friday	12:00pm – 12:30pm	Low-Impact Cardio Mobility	Ashley
5-28	Tuesday	12:15pm – 12:45pm	Posture, Resistance Play & Balance	Charissa
5-28	Tuesday	1:00pm – 1:30pm	Core Intensive <b>In-Person Only (Bldg.53)</b>	Shannon
5-29	Wednesday	12:00pm – 12:30pm	Transverse Abdominis	Ashley
5-30	Thursday	12:15pm – 12:45pm	Dynamic Chair + Stretch	Charissa
5-31	Friday	6:00am – 6:30am	Stretch + Relax	Shannon
5-31	Friday	12:00pm – 12:30pm	Mobility Muscle-Focused Tabata	Ashley