

# Virtual “Fitness for You” Classes



## October 2020 Facebook Live:

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

Date	Day	Time	Program	Trainer
10/1	Thursday	8:00am – 8:30am	Fall Functional Fit	Shannon
10/1	Thursday	12:00pm – 12:30pm	Band Boxing HIIT	Charissa
10/2	Friday	12:00pm – 12:30pm	Cardio UP Abs DOWN	Ashley
10/5	Monday	8:00am – 8:30am	Yoga R&W	Shannon
10/6	Tuesday	12:00pm – 12:30pm	Power Strength & Lift	Charissa
10/7	Wednesday	12:00-pm 12:30pm	HIIT 360	Ashley
10/8	Thursday	8:00am – 8:30am	Strong & Stable	Shannon
10/8	Thursday	12:00pm – 12:30pm	Cardio Funk	Charissa
10/9	Friday	12:00pm – 12:30pm	Plank Plyo Tabata Challenge	Ashley
10/12	Monday	8:00am – 8:30am	Fall Fit HIIT	Shannon
10/13	Tuesday	12:00pm – 12:30pm	Pilates Barre	Charissa
10/14	Wednesday	12:00-pm 12:30pm	Upper Body Muscle Strength	Ashley
10/15	Thursday	8:00am – 8:30am	Total Body + Stability Ball	Shannon
10/15	Thursday	12:00pm – 12:30pm	Vinyasa Flow Express	Charissa
10/16	Friday	12:00pm – 12:30pm	Lower Body Muscle Strength	Ashley
10/19	Monday	8:00am – 8:30am	Yoga for Athletes	Shannon
10/20	Tuesday	12:00pm – 12:30pm	Core and More	Charissa
10/21	Wednesday	12:00-pm 12:30pm	Low-Impact Cardio	Ashley
10/22	Thursday	8:00am – 8:30am	Stability Spooktacular	Shannon
10/22	Thursday	12:00pm – 12:30pm	“BOO”tyful Body HIIT	Charissa
10/23	Friday	12:00pm – 12:30pm	Strength Unplugged	Ashley
10/26	Monday	8:00am – 8:30am	Loaded Yoga	Shannon
10/27	Tuesday	12:00pm – 12:30pm	STACK	Charissa
10/28	Wednesday	12:00-pm 12:30pm	Cardio + Strength Tabata	Ashley
10/29	Thursday	8:00am – 8:30am	SCARY S&S (Strength & Stability)	Shannon
10/29	Thursday	12:00pm – 12:30pm	Spooky Sport Marathon	Charissa
10/30	Friday	12:00-pm 12:30pm	POP! (Power of Pyramid)	Ashley