

“Fitness for You” March 2024 Virtual & In-Person Fitness

Descriptions: All levels are welcome!

Friday, March 1st

Spring Strength with Shannon: Got Spring fever? Bring in the season with strength training to encourage weight loss at rest! Using light to heavy weights, learn proper form in lifting for the major muscle groups. This class is repetition based. A fitness mat will also be used.

Strength Conditioning with Ashley: Increase or maintain muscle mass for the greatest fitness benefits! Strength training can reverse bone loss and increase fat oxidation at rest! For 45-second intervals of work followed by 15-second recovery intervals, participants will perform exercises that strengthen the major and minor muscle groups. Moderate to heavy dumbbells and a mat are needed for this class.

Monday, March 4th

March Madness Tabata with Shannon: To join this 30-minute, high-intensity class is a no-brainer...it's a slam dunk! Tabata fitness training involves 20-second bouts of hard work followed by 10-second recovery cycles to maximize health benefits in a short amount of time. Time crunched? Tabata is the choice! Shock the body into fat loss and calorie burn! Moderate to heavy weights and a mat will be used.

Tuesday, March 5th

Total Body Barre with Charissa: Train for length and strength! To achieve a leaner and longer look, search no further! Using light hand weights and a mat, participants will engage in exercises inspired by ballet conditioning that are designed to lengthen the muscles. Get Barre strong!

Yoga Strength with Shannon (In-Person only) Building 53: It's weight-training and Yoga all-in-one! Yoga Strength is a non-traditional, Hatha-based practice, designed to strengthen the muscles while also increasing flexibility for ease in performing daily activities. Participants will focus on transitions and poses guided by breathing and mind-body connection. Open the week with awareness and intention! A Yoga mat is suggested.

Wednesday, March 6th

Tabata Cardio with Ashley: Tap into maximal heart benefits in a short amount of time with Tabata training! Tabata fitness involves performing high-intensity exercises in 20-second bouts followed by 10-second recovery cycles in successive rounds. Get spring ready! A mat is suggested.

Thursday, March 7th

Stretch for Low Back Relief with Charissa: A 30-minute class dedicated to the back, it's a rejuvenating experience designed for all populations! Most people will experience lower back pain at some point in their lives (<https://pubmed.ncbi.nlm.nih.gov/21665125/>). Utilizing breath control and mind-body connection, participants can expect to move through various stretches and techniques that can aid in relieving back discomfort. Stay limber or get relief! A fitness mat is suggested.

Friday, March 8th

Functional Fitness: Focus | Squat with Shannon: Got to squat? Learn the proper execution of the squat and aid in increasing strength of the quadriceps femoris, hamstrings, erector spinae and gluteus maximus amongst other muscles. The squat is pivotal to sitting down as well as to getting out of bed. Strengthening the squat increases hip range of motion, which ultimately leads to greater ease in daily activity and helps protect against injury. Light to heavy weights and a mat will be utilized.

Upright Obliques with Ashley: Take a midday break and strengthen the abdominals! The oblique muscles aid in stabilizing the pelvis and by strengthening them, back pain can be averted! Using 1 light to heavy hand weight, participants will remain upright while performing 45-second intervals of work followed by a 15-second recovery interval. Get oblique strong!

Monday, March 11th

Yoga Strong with Shannon: Take a progressive Yoga approach! Yoga Strong involves using light to heavy hand weights while performing authentic poses, with the purpose of increasing the intensity of the Yoga practice. Participants can expect to engage the major muscle groups in a Hatha-style flow. A mat is suggested. No Yoga experience needed.

Tuesday, March 12th

Core Essentials with Charissa: Got core strength? The core is essentially the trunk and is important to mobility, stability, and ease in daily movement. For a duration of 30 minutes, participants will perform exercises that will aid in keeping the core strong and healthy for longevity and functionality. 2 rounds of 8 repetitions will guide the class. Light to moderate dumbbells and a mat will be utilized.

Yoga for Fitness Enthusiasts with Shannon (In-person only) Building 53: Gear up for a total body Yoga practice! In just 30 minutes, asanas (poses) that increase stability, flexibility, and improve joint range of motion for the major and minor muscle groups will be performed. As participants engage in class, the instructor will coach participants on spatial awareness and controlled breathing. A Yoga mat is suggested.

Wednesday, March 13th

Cardio Bootcamp with Ashley: Summer is approaching...let's get busy! Military conditioning exercises like jumping jacks, burpees and mountain climbers will guide this 30-minute class! In intervals of 30 seconds of work followed by 10-second cycles of recovery, attendees will engage in high-intensity fitness training for increased health benefits! A mat is the only equipment needed. Don't miss it!

.

Thursday, March 14th

Towel Stretch for Length with Charissa: Grab a towel and let's get some relief! Whether the hamstrings or the back, the quadriceps or the calf muscles, compression and shortened muscles can cause serious discomfort! A towel can aid in traction of a muscle or joint causing the joint to move back to proper positioning and the muscles to lengthen. A long towel that is the span of both arms combined is necessary to participate in this class. A fitness mat is also suggested. Don't miss this invigorating experience!

Stretch & Flow w/ Charissa (In-Person only) RKL II Rm. 220-B: Invigorate the day and body with a stretching break! In a continuous gentle flow, attendees will move through stretches designed to lengthen shortened muscles and decompress joints. Increase ease of daily activities and prevent injuries by remaining flexible and limber! Mats are provided.

Friday, March 15th

Leprechaun HIIT with Shannon: Nix the beer and bar and get tuned in with your heart during this 30-minute, high-intensity interval class! A workout consisting of 45-second bouts of hard work followed by 15-second recovery cycles, it's sure to increase the heart rate and strengthen the bones and cardiovascular system! Feel free to don your favorite green workout gear for this St. Patrick's kick-off edition of interval training! Moderate to heavy weights and a mat are suggested.

Upright Tabata Tone with Ashley: It's a strength based Tabata workout! Tabata is the fitness format that has taken the exercise world by storm! For the time-crunched individual, Tabata offers maximal health benefits in a short amount of time. Instead of an hour-long workout, the 20-second bout model of intense exercise followed by a 10-second recovery cycle, performed in successive rounds for 1/3 the amount of time, has been shown to produce greater fitness results! Grab some moderate to heavy hand weights and get Tabata strong!

Monday, March 18th

Total Body Strength & Stability with Shannon: Train the body for longevity! Tap into spatial awareness for proper alignment and postural improvement in daily activities. Many functional injuries can be avoided with consistent strength training and learning how to properly move in space. Using light to heavy weights, participants will perform various exercises designed to activate and strengthen the muscles for bone and muscle health. This class is repetition based. March into Monday with mobility training!

Tuesday, March 19th

Ab & Glute Attack with Charissa: Tighten and tone the abdominal and gluteal muscles! The abdominal and gluteal muscles support the back and are integral in mobility and stability. Using light to heavy dumbbells, participants can expect to perform exercises in 2 rounds of 8 repetitions. Sculpt the body for health and confidence! A fitness mat will also be used.

Yoga Restore with Shannon (In-person only) Building 53: Take time to recover midday with this calming Yoga practice. Participants will perform 5-8 Yoga poses during the 30-minute class to encourage muscle and joint relief and overall relaxation. Proper alignment and breath control will be coached to receive maximum health benefits. A personal mat is suggested though in-studio mats are available.

Wednesday, March 20th

Cardio + Abs with Ashley: Commit to being fit! Cardiovascular and abdominal training is important to heart health and maintaining mobility! For intervals of 30 seconds of work followed by 10-second recovery cycles, participants will perform various exercises designed to increase the heart rate and strengthen the abdomen. It's an energetic workout not to miss!

Thursday, March 21st

Balance and Stretch with Charissa: Balance is an indicator of physical fitness and morbidity. This 30-minute class is dedicated to improving balance and increasing flexibility. With breath control as a tool for achieving mind-body connection, participants can expect to perform stretches while standing and on the floor. A fitness mat is suggested. Don't miss it!

Indoor Cycling with Charissa (In-Person) RKL II Rm.220-B: Improve cardiovascular health and experience fewer safety risks with indoor cycling! For a duration of 30 minutes, participants will train for various terrains while receiving coaching on proper alignment and breath control. It's time for a revolution! Bikes provided in-studio.

Friday, March 22nd

Yoga for Athletes with Shannon: Sports and athletic activity require a great amount of discipline, skill, and endurance to master. Yoga for Athletes involves learning to execute proper posture in poses to aid in any performance activity. Basic movement foundations originate with Yoga! Focus on increasing flexibility and improving alignment during this 30-minute practice! No Yoga experience needed; a mat is suggested.

Compound Strength with Ashley: Activate multiple muscle groups at the same time for heightened intensity! Participants can expect to perform exercises in intervals of 45 seconds of work followed by 15-second recovery cycles. Moderate to heavy dumbbells will be utilized. It's a total body workout experience! Commit to Compound Strength!

Monday, March 25th

Stretch & Recharge with Shannon: Start the week with intention! Participants will perform stretches to relieve the major and minor muscle groups for daily functionality and movement. A focus on breath control and proper alignment will guide this 30-minute class. Don't miss this rejuvenating experience!

Tuesday, March 26th

Waist + Weights with Charissa: Get waisted! A strong center is important to mobility. For this half hour class, attendees can expect to strengthen the core using the added load of weights to increase intensity. Repetitions of 8 will be performed for 2 rounds. Light to moderate weights and a mat will be utilized.

Wednesday, March 27th

Abs & Glutes + Mini bands with Ashley: Sculpt and strengthen the abdominal and gluteal muscles using loop bands! For intervals of 45 seconds of work, followed by 15-second recovery intervals, participants will engage in various exercises to challenge the center. Grab light to strong loop bands and a mat and prepare to get busy!

Thursday, March 28th

Chair Stretch with Charissa: Don't stress, just stretch! This midday class is designed for the overworked or time conscious individual- to find calm- and aids in increasing productivity. Participants will move through guided stretches while practicing breath control. A stationary chair is recommended. If you're going to sit, get the benefit!

Core Challenge with Charissa (In-Person Only) RKL II Rm. 220-B: Are you core-ageous? Timed fitness tests will guide this 30-minute class. In intervals of 30 or 60 seconds, attendees will execute exercises designed to measure core strength. The core is essentially the trunk and is important to mobility and stability. Take the core challenge! A mat will be provided.

Friday, March 29th

Nothing like HIIT! with Shannon: High-intensity-interval training is one of the greatest ways to increase cardiovascular health while also boosting metabolism and fat burn! Using light to heavy weights participants will engage in exercises that are beneficial to the strengthening the major and minor muscle groups for a total body workout! Intervals of 30 seconds of work followed by 10-secondcycles of recovery will be performed. Start the season with a "spring" in step! A mat is optional.

Tighten & Tone 360 with Ashley: No muscle group gets left behind! Get more fit with cardio, core, and strength training all in one class, while remaining upright! 45-second intervals of work followed by 15-second recovery intervals will be performed. Moderate to heavy weights will be utilized. It's a total body workout not to miss!