

Weekly Workout Plan (April 6 – April 12)

	Workout Type	Campus Rec Virtual Class	At-Home Offerings		Les Mills on Demand (LMOD)
Monday	Strength	LMOD Meet-Up with Kelsey	Fitness Blender: 30-minute total body strength training and core workout for beginners	HASfit: 45-minute total-body strength workout without equipment	BODYPUMP 99 (30 min) + CXWORX 16
Tuesday	Cardio	45-minute HIIT with Carrie	HASfit: 25-minute low impact cardio for beginners	SELF: 30-minute HIIT cardio workout	BODYCOMBAT 79
Wednesday	Mind/Body	Barre Above with Carrie	Yoga with Adriene: Yoga For Beginners - The Basics	Five Parks Yoga: 60-minute power vinyasa flow	BODYFLOW 85
Thursday	Strength	LMOD Meet-Up with Kelsey	HASfit: 30-minute beginner strength training with dumbbells	FitnessBlender: 30-minute bodyweight upper body workout	BODYPUMP 110 (upper body) + CXWORX 20
Friday	Cardio	Zumba with Geet	Heather Robertson: Low impact 30-minute HIIT workout	Heather Robertson: Killer 40-minute HIIT workout	SH'BAM 37
Saturday	Mind/Body	-	Lululemon: 30-minute beginner flow	Yoga with Adriene: Total Body Yoga - Deep Stretch	Yoga 01 (45 min)
Sunday	Rest and Recovery				