

Weekly Workout Plan (April 13 – April 19)

	Workout Type	Campus Rec Virtual Class	At-Home Offerings		Les Mills on Demand (LMOD)
Monday	Cardio	Zumba with Geet	POPSUGAR Fitness: 30-minute no-equipment cardio kickboxing workout	POPSUGAR Fitness: 30-minute no-equipment HIIT workout	BODYATTACK 100 (30-, 45-, or 55-minute options)
Tuesday	Mind/Body	Mat Pilates with Alana	Do Yoga With Me: Yoga for hips, hamstrings, and lower back (45-minute beginner class)	Do Yoga With Me: Foundations in Flow (45-minute intermediate class)	BODYFLOW 86 (30-, 45-, or 55-minute options)
Wednesday	Strength	Barre Above with Carrie	POPSUGAR Fitness: 30-minute full-body strength training workout	Tom Merrick: Bodyweight strength workout (40 minutes)	LM BARRE 01 (30- or 45-minute options)
Thursday	Cardio	POUND with Becca	FitnessBlender: Low-impact beginner cardio workout (30 minutes)	FitnessBlender: HIIT cardio workout with advanced and low-impact mods (40 minutes)	BODYCOMBAT 77 (30-, 45-, or 55-minute options)
Friday	Mind/Body	-	Lululemon: Yoga for Beginners (45-minute class)	Alo Yoga: 60-minute power vinyasa flow (60-minute intermediate)	BODYFLOW 78 (30-, 45-, or 55-minute options)
Saturday	Strength	-	Kathryn Morgan: Beginner ballet barre (50 minutes)	Sweaty Betty: Ballet bootcamp workout (40 minutes)	BODYPUMP 105 (Metabolic Blast) + CXWORX 17
Sunday	Rest and Recovery				