

Weekly Workout Plan (May 4 – May 10)

	Workout Type	Campus Rec Virtual Class	At-Home Offerings		Les Mills on Demand (LMOD)
Monday	Cardio	Zumba with Geet	BodyProject: Low Impact, High Intensity, No Equipment Cardio Workout (30 minutes)	Nicole Pearce: Circuit + Tabata Workout (45 minutes)	BODYSTEP 115 (30-, 45-, and 55-minute options)
Tuesday	Mind/Body	Mat Pilates with Alana	Boho Beautiful: Yoga Flow for Full Body and Mind (35 minutes)	Boho Beautiful: Intermediate Yoga Class (30 minutes)	BODYFLOW Evening Chill #01
Wednesday	Strength	Barre Above with Carrie	Heather Robertson: Upper Body Strength Workout	FitnessBlender: Pilates Butt and Thigh Workout (50 minutes)	BODYPUMP Remix #05: Pump Classics
Thursday	Cardio	HIIT with Monica	BodyProject: Fun, Low-Impact Workout	POPSUGAR Fitness: Cardio & Sculpt High-Intensity Workout (40 minutes)	BODYATTACK 103 (30-, 45-, and 55-minute options)
Friday	Mind/Body	Barre Above with Geet	Yoga with Cassandra: Yin Yoga for Upper Back Knots (30 minutes)	Yoga with Cassandra: Yin Yoga Class Without Props (60 minutes)	BODYFLOW 87 (30 and 55-minute options)
Saturday	Strength	-	FitnessBlender: Abs, Butt, and Thighs Pilates Workout (30 minutes)	FitnessBlender: At-Home Upper Body Strength Workout (35 minutes)	CXWORX Remix #03: CX Endurance
Sunday	Rest and Recovery				