

Weekly Workout Plan (May 11 – May 17)

	Workout Type	Campus Rec Virtual Class	At-Home Offerings		Les Mills on Demand (LMOD)
Monday	Mind/Body	Hatha Yoga with Michelle	Yoga with Adriene: Self Love Yoga (50 minutes)	Nicole Wild: Advanced Yoga Flow (60 minutes)	BODYFLOW 80 (55 minutes)
Tuesday	Strength	Mat Pilates with Alana	FitnessBlender: Upper Body and Core & Abs Workout (30 minutes)	FitnessBlender: Superset Total Body Strength Workout (25 minutes)	CXWORX 37 (30 minutes)
Wednesday	Cardio	Zumba with Lei	POPSUGAR Fitness: Cardio Dance and Kickboxing (30 minutes)	SELF: Advanced Cardio Workout (30 minutes)	SH'BAM 37 (30- and 45-minute options)
Thursday	Mind/Body	LMOD Core/Strength Meet-Up with Kelsey	Alessandra Oram: Beginner Power Yoga Flow (60 minutes)	Yoga with Adriene: Yoga Kiss (40 minutes)	BODYFLOW 83 (30- and 55-minute options)
Friday	Strength	Barre Above with Geet	FitnessBlender: Lower Body Strength Workout (35 minutes)	FitnessBlender: Brutal Butt & Thigh Workout (30 minutes)	BODYPUMP 111 (30-, 45-, and 55-minute options)
Saturday	Cardio	-	The Body Coach: HIIT Home Workout for Beginners (20 minutes)	POPSUGAR Fitness: Cardio & Sculpt High Intensity Workout (40 minutes)	BODYCOMBAT 65 (30- and 55-minute options)
Sunday	Rest and Recovery				