# Weekly Workout Plan (May 18 – May 24)

<table>
<thead>
<tr>
<th>Day</th>
<th>Workout Type</th>
<th>Campus Rec Virtual Class</th>
<th>At-Home Offerings (Choose the combo that works for you)</th>
<th>Les Mills on Demand (LMOD)</th>
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</thead>
<tbody>
<tr>
<td>Monday</td>
<td>Strength</td>
<td>LMOD Core/Strength Meet-Up with Kelsey</td>
<td>FitnessBlender: Pilates Workout for the Lower Body (35 minutes)</td>
<td>FitnessBlender: Ab-Blasting Interval Workout (25 minutes)</td>
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<td>BODYPUMP Remix 03: Pump Heroes (60 minutes)</td>
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<tr>
<td>Tuesday</td>
<td>Cardio</td>
<td>HIIT with Carrie</td>
<td>Reebok X Les Mills: BODYJAM Workout (40 minutes)</td>
<td>POPSUGAR Fitness: Cardio Kickboxing Boot Camp (50 minutes)</td>
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<td>BODYATTACK 88 (45- and 30-minute options)</td>
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<tr>
<td>Wednesday</td>
<td>Mind/Body</td>
<td>Virtual Vinyasa Yoga Meet-Up with Kelsey</td>
<td>Yoga with Kassandra: Deep Stretch Yin Yoga for Flexibility (45 minutes)</td>
<td>Five Parks Yoga: Twist and Tone Yoga (45 minutes)</td>
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<td>BODYFLOW 83 (30- and 55-minute options)</td>
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<tr>
<td>Thursday</td>
<td>Strength</td>
<td>Bodyweight HIIT with Monica</td>
<td>Heather Robertson: Full Upper Body Workout with dumbbells (30 minutes)</td>
<td>John Garey TV: Mat Pilates Workout (50 minutes)</td>
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<td>Les Mills BARRE 08 (30 minutes)</td>
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<td>Friday</td>
<td>Cardio</td>
<td>Zumba with Lei</td>
<td>SELF: Cardio HIIT Workout (30 minutes)</td>
<td>POPSUGAR Fitness: Hip-Hop Fit Workout (30 minutes)</td>
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<td>BODYSTEP 116 (30-, 45-, and 55-minute options)</td>
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<tr>
<td>Saturday</td>
<td>Mind/Body</td>
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<td>Five Parks Yoga: Fun Vinyasa Flow (60 minutes)</td>
<td>Lululemon: Power Yoga Flow (60 minutes)</td>
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<td>BODYFLOW 70 (30- and 55-minute options)</td>
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<tr>
<td>Sunday</td>
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<td>Rest and Recovery</td>
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