

Weekly Workout Plan (May 18 – May 24)

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