

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	Cardio	Zumba with Geet	The Fitness Marshall: International Dance Day Sweat Session (40 minutes)	POPSUGAR Fitness: Tabata Workout (45 minutes)	BODYCOMBAT 78 (30-, 45-, and 55-minute options)
Tuesday	Mind/Body	Mat Pilates with Alana	Five Parks Yoga: Complete Vinyasa Flow (35 minutes)	Boho Beautiful: Yoga for Stress & Anxiety Relief	Yoga #02 Vinyasa (45 minutes)
Wednesday	Strength	Barre with Carrie	Barre3: Workout #3 (30 minutes)	MadFit: Total Core/Ab Workout (25 minutes)	BODYPUMP (30-, 45-, and 55-minute options)
Thursday	Cardio	Bodyweight HIIT with Alana	FitnessBlender: HIIT Cardio and Abs Workout (30 minutes)	POPSUGAR Fitness: Cardio Dance and Toning Workout (50 minutes)	SH'BAM 38 (45 minutes)
Friday	Mind/Body	Vinyasa Flow with Alana	Boho Beautiful: Easy Yoga for Beginners and Recovery (20 minutes)	Five Parks Yoga: Go With the Flow Yoga (60 minutes)	BODYFLOW 84 (15-, 30-, and 55-minute options)
Saturday	Strength	-	FitnessBlender: No-Equipment Upper Body and Core Workout (30 minutes)	SweatyBetty: Ballet Bootcamp Workout (45 minutes)	BODYPUMP 109 (30-, 45-, and 55-minute options)
Sunday	Rest and Recovery				