

Weekly Workout Plan (June 1 – June 7)

	Workout Type	Campus Rec Virtual Class	At-Home Offerings (Choose the combo that works for you)		Les Mills on Demand (LMOD)
Monday	Mind/Body	Yoga with Lei	Yoga with Adriene: Yoga for Vulnerability	Five Parks Yoga: Power Hour Yoga Class (60 minutes)	BODYFLOW 67 (30- and 55-minute options)
Tuesday	Strength	Mat Pilates with Alana	SELF: Bodyweight Abs Workout (30 minutes)	Heather Robertson: Intense Full Body Strength Workout (25 minutes)	BODYPUMP Remix #04 (60 minutes)
Wednesday	Cardio	Zumba with Lei	POPSUGAR Fitness: Latin Cardio Dance Workout (30 minutes)	Kit Rich: Metabolism Booster (30 minutes)	BODYATTACK Remix #02 (40 minutes)
Thursday	Mind/Body	LMOD Core/Yoga meet-up with Kelsey	Five Parks Yoga: Happy Hips, Happy Heart Yoga Class	Yoga with Adriene: Strengthen and Lengthen	BODYFLOW 67 (30- and 55-minute options)
Friday	Strength	Barre Above with Geet	Kit Rich: Low Impact Full Body Fusion Routine (30 minutes)	POPSUGAR Fitness: Pilates Total Body Workout (45 minutes)	BODYPUMP 101 (30-, 45-, and 55-minute options)
Saturday	Cardio	-	SELF: Bodyweight Bootcamp Workout (30 minutes)	Fit Body by Ashley: Dancehall Inspired Workout (30 minutes)	BODYCOMBAT 70 (30-, 45-, and 55-minute options)
Sunday	Rest and Recovery				