

Weekly Workout Plan (June 8 – June 14)

	Workout Type	Campus Rec Virtual Class	At-Home Offerings (Choose the combo that works for you)		Les Mills on Demand (LMOD)
Monday	Strength	BODYPUMP with Becca F.	Bodybuilding.com: At-Home Bodyweight Strength Workout (25 minutes)	FitnessBlender: Upper Body Superset Workout (50 minutes)	BODYPUMP 112 (30- and 55-minute options)
Tuesday	Cardio	-	CBC Life: Boxing-Inspired Cardio Workout	SELF: Advanced Cardio Workout with Burnout Finisher (30 minutes)	SH'BAM 28 (30- and 45-minute options)
Wednesday	Mind/Body	Virtual Vinyasa Yoga Meet-Up with Kelsey	Yoga with Cassandra: Yin Yoga and Affirmations for Serenity (35 minutes)	Five Parks Yoga: Yoga for Stress & Trauma (40 minutes)	BODYFLOW 87 (30- and 55-minute options)
Thursday	Strength	Bodyweight HIIT with Monica	FitnessBlender: Pilates Workout for Glute Activation (50 minutes)	FitnessBlender: Lower Body Workout for People who get Bored Easily (50 minutes)	BODYPUMP 93 (30- and 55-minute options)
Friday	Cardio	Zumba with Lei	Les Mills: Life BODYCOMBAT with Rachael Newsham (55 minutes)	CBC Life: Dance Cardio Total Body Workout (30 minutes)	BODYSTEP 109 (30-, 45-, and 55-minute options)
Saturday	Mind/Body	-	Yoga with Adriene: Compassion Yoga (60 minutes)	Yoga with Cassandra: Yin Yoga Class without Props (60 minutes)	BODYFLOW 66 (55 minutes)
Sunday	Rest and Recovery				