

Weekly Workout Plan (June 15 – June 21)

	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 Lei	Healthy Fit with Ty: Full Body Workout (45 minutes)	POPSUGAR Fitness: Latin Dance Workout	BODYCOMBAT 73 (30- and 55-minute options)
Tuesday	Mind/Body	-	Yoga with Cassandra: Yin Yoga and Affirmations for Serenity (30 minutes)	Lululemon: Energizing Yoga with Siha Collins (30 minutes)	BODYFLOW 84 (30-, 45-, and 55-minute options)
Wednesday	Strength	Bodyweight HIIT with Alana	HASfit: Total Body Strength Workout (40 minutes)	FitnessBlender: Strength, HIIT, & Pilates Workout (50 minutes)	BODYPUMP 110 (30-, 45-, and 55-minute options)
Thursday	Cardio	Bodyweight HIIT with Monica	Mike Peele: Hip-Hop Fit Dance Workout	Evolve Functional Fitness: Agility No-Equipment Workout (60 minutes)	BODYATTACK 92 (30- and 45-minute options)
Friday	Mind/Body	Vinyasa Flow with Alana	Alo: Energizing Beginner's Yoga Flow (35 minutes)	Yoga with Cassandra: Yoga for Hips and Hamstring Flexibility (60 minutes)	BODYFLOW 78 (30-, 45-, and 55-minute options)
Saturday	Strength	-	POPSUGAR Fitness: Booty-, Thigh-, and Abs-Toning Workout (35 minutes)	HASfit: Total Body Strength Workout with Weights (50 minutes)	BODYPUMP 104 (30-, 45-, and 55-minute options)
Sunday	Rest and Recovery				