

Weekly Workout Plan (June 22 – June 28)

	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 Gratitude (35 minutes)	Yoga with Tim: Power Vinyasa Workout Flow (25 minutes)	BODYFLOW 82 (30-, 45-, and 55-minute options)
Tuesday	Strength	Mat Pilates with Alana	Nicole Kastoun: Full Body Pilates Workout (60 minutes)	FitnessBlender: Strength, HIIT, and Pilates Workout (50 minutes)	Hybrid Workout Bone Health #01 (45 minutes)
Wednesday	Cardio	Zumba with Lei	Body Project: Low impact, beginner workout (30 minutes)	SELF: Advanced Cardio Workout (30 minutes)	BODYSTEP 114 (30-, 45-, and 55-minute options)
Thursday	Mind/Body	LMOD Core Strength and Yoga Meet- Up with Kelsey	Five Parks Yoga: Mandala Flow Journey Class (50 minutes)	Lululemon: Everyday Vinyasa Flow Class (75 minutes)	BODYFLOW 66 (30- and 55-minute versions)
Friday	Strength	Barre Above with Geet	FitnessBlender: Total Body Strength Training and Core Workout for Beginners (30 minutes)	Heather Robertson: Upper Body Strength Workout (30 minutes)	Les Mills BARRE #03 (30- and 45-minutes)
Saturday	Cardio	-	Fit Body by Ashley: Beyoncé Dance Workout (60 minutes)	Sydney Cummings: HIIT Cardio Workout (60 minutes)	SH'BAM 35 (30- and 45-minute options)
Sunday	Rest and Recovery				