

# Weekly Workout Plan (April 13 – April 19)

	Workout Type	Campus Rec Virtual Class	At-Home Offerings		Les Mills on Demand (LMOD)
<b>Monday</b>	<b>Cardio</b>	Zumba with Geet	<a href="#">POPSUGAR Fitness: 30-minute no-equipment cardio kickboxing workout</a>	<a href="#">POPSUGAR Fitness: 30-minute no-equipment HIIT workout</a>	BODYATTACK 100 (30-, 45-, or 55-minute options)
<b>Tuesday</b>	<b>Mind/Body</b>	Mat Pilates with Alana	<a href="#">Do Yoga With Me: Yoga for hips, hamstrings, and lower back (45-minute beginner class)</a>	<a href="#">Do Yoga With Me: Foundations in Flow (45-minute intermediate class)</a>	BODYFLOW 86 (30-, 45-, or 55-minute options)
<b>Wednesday</b>	<b>Strength</b>	Bodyweight HIIT with Alana	<a href="#">POPSUGAR Fitness: 30-minute full-body strength training workout</a>	<a href="#">Tom Merrick: Bodyweight strength workout (40 minutes)</a>	LM BARRE 01 (30- or 45-minute options)
<b>Thursday</b>	<b>Cardio</b>	Bodyweight HIIT with Monica	<a href="#">FitnessBlender: Low-impact beginner cardio workout (30 minutes)</a>	<a href="#">FitnessBlender: HIIT cardio workout with advanced and low-impact mods (40 minutes)</a>	BODYCOMBAT 77 (30-, 45-, or 55-minute options)
<b>Friday</b>	<b>Mind/Body</b>	Vinyasa Flow with Alana	<a href="#">Lululemon: Yoga for Beginners (45-minute class)</a>	<a href="#">Alo Yoga: 60-minute power vinyasa flow (60-minute intermediate)</a>	BODYFLOW 78 (30-, 45-, or 55-minute options)
<b>Saturday</b>	<b>Strength</b>	-	<a href="#">Kathryn Morgan: Beginner ballet barre (50 minutes)</a>	<a href="#">Sweaty Betty: Ballet bootcamp workout (40 minutes)</a>	BODYPUMP 105 (Metabolic Blast) + CXWORX 17
<b>Sunday</b>	<b>Rest and Recovery</b>				