

Weekly Workout Plan (July 20 – July 26)

	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	Five Parks Yoga: Yin Fusion Yoga Class (70 minutes)	Fightmaster Yoga: Hatha Yoga Flow (45 minutes)	BODYFLOW 85 (30-, 45-, and 55-minute options)
Tuesday	Cardio	Zumba in the Park with Pedro	POPSUGAR Fitness: Cardio Boxing Workout (45 minutes)	Sydney Cummings: Cardio Power and Abs Workout (50 minutes)	Les Mills GRIT 31 Cardio (30 minutes)
Wednesday	Strength	Barre Above with Geet	Heather Robertson: Intense Full-Body Strength Workout (25 minutes)	FitnessBlender: Kelli's Favorite Bodyweight Workout (32 minutes)	BODYPUMP 111 (30-, 45-, and 55-minute options)
Thursday	Mind/Body	LMOD Core/Yoga meet-up with Kelsey	The Mat Project: Gentle Yoga Class for Beginners and Seniors (35 minutes)	Five Parks Yoga: Power Hour Yoga Class (65 minutes)	BODYFLOW 87 (30-, 45-, and 55-minute options)
Friday	Cardio	Zumba with Lei	Body Project: Low impact, home cardio workout (30 minutes)	Heather Robertson: Full Body HIIT Workout with Weights (35 minutes)	BODYCOMBAT 82 (20-, 45-, and 55-minute options)
Saturday	Strength	-	POPSUGAR Fitness: Strength Training with Dumbbells (30 minutes)	Evolve Functional Fitness: Level 1 Strength Workout (60 minutes)	BODYPUMP 104 (30-, 45-, and 55-minute options)
Sunday	Rest and Recovery				