

# Weekly Workout Plan (July 27 – August 2)

	Workout Type	Campus Rec Virtual Class	At-Home Offerings (Choose the combo that works for you)		Les Mills on Demand (LMOD)
<b>Monday</b>	<b>Strength</b>	LMOD Core Strength/Yoga with Kelsey	<a href="#">FitnessBlender: Thigh Shaping Lower Body Workout (25 minutes)</a>	<a href="#">Evolve Functional Fitness: Full Strength Bodyweight Workout (50 minutes)</a>	Hybrid Workout: Glutes #02 (30 minutes)
<b>Tuesday</b>	<b>Mind/Body</b>	Mat Pilates with Alana	<a href="#">Lululemon: Yoga Balance Flow with Siha Collins (25 minutes)</a>	<a href="#">Yoga with Cassandra: Yin Yoga Class for Flexibility (60 minutes)</a>	BODYFLOW 68 (30- and 55-minute options)
<b>Wednesday</b>	<b>Cardio</b>	Zumba with Lei	<a href="#">Body Project: Low Impact, High Intensity, Intermediate Home Workout (30 minutes)</a>	<a href="#">FitnessBlender: At-Home Pyramid HIIT Workout (30 minutes)</a>	BODYATTACK 94 (30- and 45-minute options)
<b>Thursday</b>	<b>Strength</b>	LMOD Core/Yoga meet-up with Kelsey	<a href="#">Evolve Functional Fitness: Full Core Bodyweight Workout (45 minutes)</a>	<a href="#">POPSUGAR Fitness: Full-Body Tonight Workout (45 minutes)</a>	BODYPUMP 111 (30-, 45-, and 55-minute options)
<b>Friday</b>	<b>Mind/Body</b>	Vinyasa Flow with Alana	<a href="#">Five Parks Yoga: Lower Back &amp; Hip Stretch &amp; Strengthen Yoga (40 minutes)</a>	<a href="#">Lululemon: Yoga to Run Strong with Faith Hunter (45 minutes)</a>	BODYFLOW 70 (30- and 55-minute options)
<b>Saturday</b>	<b>Cardio</b>	-	<a href="#">Trainieren Dance: ZUMBA Fitness Cardio Workout (25 minutes)</a>	<a href="#">POPSUGAR Fitness: Cardio Kickboxing Boot Camp (45 minutes)</a>	Hybrid Workout: Heart Health #03 (60 minutes)
<b>Sunday</b>	<b>Rest and Recovery</b>				