

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)
Monday	Mind/Body	Yoga with Lei	Five Parks Yoga: Gentle Yin Fusion Yoga Class (70 minutes)	Fightmaster Yoga: Hatha Yoga (40 minutes)	BODYFLOW 69 (30- and 55-minute options)
Tuesday	Strength	Mat Pilates with Alana	FitnessBlender: Bodyweight-Only Upper Body Workout (25 minutes)	Tom Merrick: No-Equipment Bodyweight Strength Workout (40 minutes)	HYBRID WORKOUT: Swimmers Focus #01 (50 minutes)
Wednesday	Cardio	Zumba with Lei	Heather Robertson: Low Impact Cardio + Abs (25 minutes)	Les Mills: BODYCOMBAT INVINCIBLE Workout #14 (45 minutes)	BODYCOMBAT 82 (30-, 45-, and 55-minute options)
Thursday	Mind/Body	LMOD Core/Yoga meet-up with Kelsey	Lululemon: Yoga for Runners with Faith Hunter (60 minutes)	Five Parks Yoga: Power Vinyasa Flow Yoga Class (60 minutes)	BODYFLOW 87 (30-, 45-, and 55-minute options)
Friday	Strength	Vinyasa Flow with Alana	Nourishmove: Barre Class At-Home (25 minutes)	Evolve Functional Fitness: CORE At-Home Workout (45 minutes)	Les Mills BARRE #07 (30 minutes)
Saturday	Cardio	-	POPSUGAR Fitness: Killer Calorie-Torcher Cardio Workout (45 minutes)	Les Mills: High-Intensity GRIT Cardio Workout (30 minutes)	SH'BAM 38 (30- and 45-minute options)
Sunday	Rest and Recovery				