

Weekly Workout Plan (August 10 - 16)

	Workout Type	Campus Rec Virtual Class	At-Home Offerings (Choose the combo that works for you)		Les Mills on Demand (LMOD)
Monday	Cardio	Zumba with Geet	Heather Robertson: Low-Impact HIIT Cardio & Legs Workout (40 minutes)	Mike Peele: Hip-Hop Fit Dance Workout (30 minutes)	BODYATTACK 103 (30-, 45-, and 55-minute options)
Tuesday	Mind/Body	Mat Pilates with Alana	Yoga with Adriene: Power Yoga Class (45 minutes)	Five Parks Yoga: Flow in the Forest Yoga Class (60 minutes)	YOGA #01 Vinyasa (45 minutes)
Wednesday	Strength	Barre Above with Geet	Heather Robertson: Killer Abs Workout (35 minutes)	Evolve Functional Fitness: Level 2 Strength Workout (65 minutes)	BODYPUMP 113 (30-, 45-, and 55-minute options)
Thursday	Cardio	-	Les Mills: BODYJAM Workout (40 minutes)	Heather Robertson: Intense No-Repeats HIIT (40 minutes)	BODYCOMBAT 83 (30-, 45-, and 55-minute options)
Friday	Mind/Body	Vinyasa Flow with Alana	Yoga with Cassandra: Vinyasa Flow & Yin Yoga (60 minutes)	Five Parks Yoga: Slow Flow/Deep Stretch Yoga Class (70 minutes)	BODYFLOW 67 (30- and 55-minute options)
Saturday	Strength	-	Evolve Functional Fitness: Full Strength Bodyweight Workout (65 minutes)	FitnessBlender: Pilates Butt & Thigh Workout (35 minutes)	CXWORX 37 (15- and 30-minute options)
Sunday	Rest and Recovery				