

Weekly Workout Plan (August 17 - 23)

	Workout Type	At-Home Offerings (Choose the combo that works for you)		Les Mills on Demand (LMOD)
Monday	Strength	Well+Good: Resistance Band Arms and Abs Workout (25 minutes)	Heather Robertson: Full Body Strength Workout (40 minutes)	BODYPUMP Remix #04: Rhythm & Bass (60 minutes)
Tuesday	Cardio	Afrifitness: African Dance Workout (25 minutes)	Toni Mitchell: No-Equipment HIIT Workout (25 minutes)	BODYSTEP 115 (30-, 45-, and 55-minute options)
Wednesday	Mind/Body	Yoga with Adriene: Yoga for Relaxation (35 minutes)	Cat Meffan: All Levels Vinyasa Flow (60 minutes)	BODYFLOW 88 (30-, 45-, and 55-minute options)
Thursday	Strength	Blogilates: Advanced Pilates Ab Workout (35 minutes)	FitnessBlender: Total Body Strength Training and Core Workout (30 minutes)	BODYPUMP 95 (30- and 55-minute options)
Friday	Cardio	POPSUGAR Fitness: Dance and Cardio Kickboxing Workout (30 minutes)	Sydney Cummings: Cardio Speed and Agility HIIT Workout (50 minutes)	SH'BAM 15 (15-, 30-, and 45-minute options)
Saturday	Mind/Body	Cat Meffan: Power Yoga (40 minutes)	Five Parks Yoga: Heart-Opening Sunset Yoga Retreat Class (75 minutes)	BODYFLOW 63 (30- and 55-minute options)
Sunday	Rest and Recovery			