

Weekly Workout Plan (August 24 - 30)

	Workout Type	At-Home Offerings (Choose the combo that works for you)		Les Mills on Demand (LMOD)
Monday	Mind/Body	Five Parks Yoga: Yoga Flow with Spine Strength Yoga Class (60 minutes)	Travis Eliot: Full Power Yoga "Edge" (35 minutes)	BODYFLOW Cyclists Stretch #01 (40 minutes)
Tuesday	Strength	POPSUGAR Fitness: Full-Body Sculpting Workout (50 minutes)	Sydney Cummings: Upper Body Workout (35 minutes)	CXWORX 29 (15- and 30-minute options)
Wednesday	Cardio	Garage Fitness Girl: Low-Impact, High-Intensity Workout (45 minutes)	Health Fit With Ty: Full Body Fun Workout (25 minutes)	BODYCOMBAT 83 (30-, 45-, and 55-minute options)
Thursday	Mind/Body	Brett Larkin Yoga: Hatha Flow Yoga for Beginners (35 minutes)	Five Parks Yoga: Full-Body Deep Stretch Basics Yoga Class (65 minutes)	BODYFLOW 88 (30-, 45-, and 55-minute options)
Friday	Strength	FitnessBlender: Strength and Pilates Butt and Thigh Workout (35 minutes)	Coach Kel: Full-Body Barre Workout (35 minutes)	BODYPUMP 112 (30-, 45-, and 55-minute options)
Saturday	Cardio	POPSUGAR Fitness: Cardio-Boxing Workout (60 minutes)	Body Project: Fun Home Cardio Workout (45 minutes)	HYBRID WORKOUT: Heart Health #03 (60 minutes)
Sunday	Rest and Recovery			