

Weekly Workout Plan (August 31 – September 6)

	Workout Type	At-Home Offerings (Choose the combo that works for you)		Les Mills on Demand (LMOD)
Monday	Strength	FitnessBlender: At-Home Abs Workout (25 minutes)	POPSUGAR Fitness: Full-Body Workout with Weights (35 minutes)	HYBRID WORKOUT: Bone Health #02 (45 minutes)
Tuesday	Cardio	POPSUGAR Fitness: Old-School Hip-Hop Grooves Workout (30 minutes)	Heather Robertson: Fierce Full-Body HIIT Workout (30 minutes)	BODYATTACK 106 (30-, 45-, and 55-minute options)
Wednesday	Mind/Body	Yoga with Cassandra: Yin Yoga and Affirmations for Inner Peace & Guidance (50 minutes)	Alo Yoga: Power Vinyasa Flow (45 minutes)	BODYFLOW 68 (35- and 55-minute options)
Thursday	Strength	Heather Robertson: Yoga-Inspired Full Body Workout (30 minutes)	FIT by Larie: Total Body Barre Workout (80 minutes)	BODYPUMP 110 (30-, 45-, and 55-minute options)
Friday	Cardio	POPSUGAR Fitness: Cardio Pilates Total Body Workout (45 minutes)	Fit Body By Ashley: Full-Body Cardio Dance Workout for All Levels (50 minutes)	HYBRID WORKOUT: Heart Health #02 (35 minutes)
Saturday	Mind/Body	Lululemon: Power Yoga Class with Baron Baptiste (45 minutes)	Five Parks Yoga: Creative Vinyasa Flow with Flamingo (60 minutes)	BODYFLOW 80 (35- and 55-minute options)
Sunday	Rest and Recovery			