

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	Cardio	The Studio: Full Body HIIT Dance Workout (45 minutes)	Heather Robertson: Low Impact No-Equipment HIIT (30 minutes)	BODYCOMBAT Kick Power #02 (45 minutes)
Tuesday	Mind/Body	Yoga with Cassandra: Intermediate Vinyasa Flow (30 minutes)	Five Parks Yoga: Deep Stretch Yoga Class – Hamstrings and Hips (35 minutes)	BODYFLOW 88 (35-, 45-, and 55-minute options)
Wednesday	Strength	POPSUGAR Fitness: Full-Body Toning Workout (45 minutes)	FitnessBlender: Complete Upper Body Workout (35 minutes)	BODYPUMP 107 (30-, 45-, and 55-minute options)
Thursday	Cardio	FitnessBlender: Fat Burning Cardio Workout (40 minutes)	POPSUGAR Fitness: BodyCombat-Inspired Workout (35 minutes)	GRIT 32 (30 minutes)
Friday	Mind/Body	Yoga with Adriene: Fundamentals of Ease (35 minutes)	Lululemon: Everyday Vinyasa Flow Yoga Class (45 minutes)	BODYFLOW 67 (20-, 30-, and 55-minute options)
Saturday	Strength	Heather Robertson: Intense Full-Body Strength Workout (25 minutes)	POPSUGAR Fitness: Abs and Booty-Toning Workout (30 minutes)	CXWORX 34 (15- and 30-minute options)
Sunday	Rest and Recovery			