

Weekly Workout Plan (September 14 – 20)

	Workout Type	At-Home Offerings (Choose the combo that works for you)		Les Mills on Demand (LMOD)
Monday	Mind/Body	Five Parks Yoga Morning Sunshine Yoga Class (60 minutes)	Lululemon: Balance Flow with Siha Collins (20 minutes)	BODYFLOW 85 (30-, 45-, and 55-minute options)
Tuesday	Strength	Heather Robertson : Pilates Fusion Full-Body Workout (35 minutes)	POPSUGAR Fitness: No-Equipment Abs and Butt Workout (30 minutes)	BODYPUMP 100 (30-, 45-, and 55-minute options)
Wednesday	Cardio	Sweaty Betty: Dance Cardio Workout (40 minutes)	Healthy Fit with Ty: Killer Cardio Kickboxing Workout (40 minutes)	BODYATTACK 108 (30-, 45-, and 55-minute options)
Thursday	Mind/Body	Yogi Approved: Vinyasa Flow with Ashton August	Five Parks Yoga: Balance, Stretch, and Strength for your Legs (40 minutes)	YOGA #01 Vinyasa (45 minutes)
Friday	Strength	POPSUGAR Fitness: Strength Training Workout with Weights (30 minutes)	SWEAT: Kayla Itsines Bodyweight Strength Workout (30 minutes)	CXWORX 29 (15- and 30-minute options)
Saturday	Cardio	Dance Fun Fitness: Latin Dance Workout 2020 (35 minutes)	Heather Robertson: HIIT Cardio Workout (30 minutes)	SH'BAM REMIX #02 Top 40 Bangerz
Sunday	Rest and Recovery			