

Weekly Workout Plan (September 28 – October 4)

	Workout Type	At-Home Offerings (Choose the combo that works for you)		<u>Les Mills on Demand (LMOD)</u>
Monday	Cardio	<u>POPSUGAR Fitness: Cardio HIIT Workout (30 minutes)</u>	<u>Mike Peele: Hip-Hop Cardio Dance Workout (30 Minutes)</u>	BODYATTACK 101 (30-, 45-, and 55-minute options)
Tuesday	Mind/Body	<u>Lululemon: Post-Run Yoga with Faith Hunter (20 minutes)</u>	<u>Yoga with Kassandra: Fall Equinox Yoga (40 minutes)</u>	BODYFLOW 88 (30-, 45-, and 55-minute options)
Wednesday	Strength	<u>SELF: Strength/Core Workout (35 minutes)</u>	<u>Nourish Move Love: Full Body Strength Training (30 minutes)</u>	CXWORX 35 (30- and 15-minute options)
Thursday	Cardio	<u>Les Mills: BODYCOMBAT INVINCIBLE Workout #13 (30 minutes)</u>	<u>Heather Robertson: Total Body HIIT (45 minutes)</u>	BODYCOMBAT 81 (30-, 45-, and 55-minute options)
Friday	Mind/Body	<u>Yoga with Kassandra: Slow Flow for Stress Relief and Intuition (40 minutes)</u>	<u>Five Parks Yoga: Core Stability Class (60 minutes)</u>	BODYFLOW 88 (30- and 55-minute options)
Saturday	Strength	<u>GymRa: Ultimate Glutes Workout (30 minutes)</u>	<u>POPSUGAR Fitness: Lower-Body Burner Workout (40 minutes)</u>	BODYPUMP 101 (30-, 45-, and 55-minute options)
Sunday	Rest and Recovery			