

# Weekly Workout Plan (October 5 – 11)

|                  | Workout Type             | At-Home Offerings  |  | Les Mills on Demand (LMOD)                       |
|------------------|--------------------------|--|--|--|
| <b>Monday</b>    | <b>Cardio</b>            | <a href="#"><u>BodyProject: Low Impact, High Intensity, No Equipment Cardio Workout (30 minutes)</u></a> | <a href="#"><u>Nicole Pearce: Circuit + Tabata Workout (45 minutes)</u></a>                      | BODYSTEP 115 (30-, 45-, and 55-minute options)   |
| <b>Tuesday</b>   | <b>Mind/Body</b>         | <a href="#"><u>Boho Beautiful: Yoga Flow for Full Body and Mind (35 minutes)</u></a>                     | <a href="#"><u>Boho Beautiful: Intermediate Yoga Class (30 minutes)</u></a>                      | BODYFLOW Evening Chill #01                       |
| <b>Wednesday</b> | <b>Strength</b>          | <a href="#"><u>Heather Robertson: Upper Body Strength Workout</u></a>                                    | <a href="#"><u>FitnessBlender: Pilates Butt and Thigh Workout (50 minutes)</u></a>               | BODYPUMP Remix #05: Pump Classics                |
| <b>Thursday</b>  | <b>Cardio</b>            | <a href="#"><u>BodyProject: Fun, Low-Impact Workout</u></a>  | <a href="#"><u>POPSUGAR Fitness: Cardio &amp; Sculpt High-Intensity Workout (40 minutes)</u></a> | BODYATTACK 103 (30-, 45-, and 55-minute options) |
| <b>Friday</b>    | <b>Mind/Body</b>         | <a href="#"><u>Yoga with Cassandra: Yin Yoga for Upper Back Knots (30 minutes)</u></a>                   | <a href="#"><u>Yoga with Cassandra: Yin Yoga Class Without Props (60 minutes)</u></a>            | BODYFLOW 87 (30 and 55-minute options)           |
| <b>Saturday</b>  | <b>Strength</b>          | <a href="#"><u>FitnessBlender: Abs, Butt, and Thighs Pilates Workout (30 minutes)</u></a>                | <a href="#"><u>FitnessBlender: At-Home Upper Body Strength Workout (35 minutes)</u></a>          | CXWORX Remix #03: CX Endurance                   |
| <b>Sunday</b>    | <b>Rest and Recovery</b> |  |  |  |