

Weekly Workout Plan (November 9 – 15)

	Workout Type	Campus Rec Virtual Class	At-Home Offerings (Choose the combo that works for you)		Les Mills on Demand (LMOD)
Monday	Cardio	Zumba with Geet	FitnessBlender: At-Home Cardio Workout (30 minutes)	Healthy Fit with Ty: HIIT Workout with Music (45 minutes)	BODYCOMBAT MMA Blast #02 (55 minutes)
Tuesday	Mind/Body	-	Five Parks Yoga: Yoga For Beginners (55 minutes)	Nicole Wild: Intermediate/Advanced Yoga Class (60 minutes)	BODYFLOW 85 (30-, 45-, and 55-minute options)
Wednesday	Strength	Bodyweight HIIT with Alana	FitnessBlender: Pilates Lower Body Workout (35 minutes)	Evolve Function Fitness: At-Home Core Workout (45 minutes)	BODYPUMP 98 (30-, 45-, and 55-minute options)
Thursday	Cardio	Bodyweight HIIT with Monica	Fit Body By Ashley: Fun Cardio Dance Party! (30 minutes)	POPSUGAR Fitness: Boxing Workout (45 minutes)	BODYATTACK 99 (30- and 55-minute options)
Friday	Mind/Body	Vinyasa Flow with Alana	Yoga with Adriene: Yoga for the Future (30 minutes)	Five Parks Yoga: Morning Jungle Flow Yoga Class (60 minutes)	BODYFLOW 84 (30- and 55-minute versions)
Saturday	Strength	-	Bodybuilding.com: At-Home Bodyweight Strength Workout (25 minutes)	Women's Health UK: Full-Body Strength Workout (50 minutes)	BODYPUMP 94 (30-, 45-, and 55-minute options)
Sunday	Rest and Recovery				