

Weekly Workout Plan (December 14 – 20)

	Workout Type	At-Home Offerings (Choose the combo that works for you)		Les Mills on Demand (LMOD)
Monday	Mind/Body	Yoga with Kassandra: New Moon Slow Flow to Set Intentions (40 minutes)	Fightmaster Yoga: Hatha Yoga Flow (45 minutes)	BODYFLOW 85 (30-, 45-, and 55-minute options)
Tuesday	Cardio	POPSUGAR Fitness: Cardio Boxing Workout (45 minutes)	Sydney Cummings: Cardio Power and Abs Workout (50 minutes)	Les Mills GRIT 31 Cardio (30 minutes)
Wednesday	Strength	Heather Robertson: Intense Full-Body Strength Workout (25 minutes)	FitnessBlender: Kelli's Favorite Bodyweight Workout (32 minutes)	BODYPUMP 111 (30-, 45-, and 55-minute options)
Thursday	Mind/Body	Alo Moves: Vinyasa Yoga with Faith Hunter	Yoga Upload: Power Vinyasa Class	BODYFLOW 87 (30-, 45-, and 55-minute options)
Friday	Cardio	Body Project: Low impact, home cardio workout (30 minutes)	Heather Robertson: Full Body HIIT Workout with Weights (35 minutes)	BODYCOMBAT 82 (20-, 45-, and 55-minute options)
Saturday	Strength	POPSUGAR Fitness: Strength Training with Dumbbells (30 minutes)	Evolve Functional Fitness: Level 1 Strength Workout (60 minutes)	BODYPUMP 104 (30-, 45-, and 55-minute options)
Sunday	Rest and Recovery			