



APRIL 2020 WORKOUT OPTIONS

	HIIT/TABATA/ CARDIO	YOGA	DANCE	BOXING	OTHER
OPTION 1	<u>30 MINUTE STANDING CARDIO WORKOUT</u>	<u>30 MINUTE GENTLE YOGA FLOW</u>	<u>30 MINUTE HIP HOP FIT WORKOUT</u>	<u>15 MINUTE EPIC AT HOME BOXING WORKOUT</u>	<u>20 MINUTE LES MILLS BORN TO MOVE</u>
OPTION 2	<u>30 MINUTE TABATA SESSION</u>	<u>20 MINUTE HOME YOGA WORKOUT FOR BEGINNERS</u>	<u>30 MINUTE ALL LEVELS CARDIO DANCE WORKOUT</u>	<u>30 MINUTE CARDIO BOXING WORKOUT</u>	<u>30 MINUTE PLYOGA</u>
OPTION 3	<u>20 MINUTE YMCA 360 BOOTCAMP</u>	<u>10 MINUTE SUN SALUTATION FOR BEGINNERS</u>	<u>30 MINUTE HIP HOP TABATA</u>	<u>30 MINUTE AT HOME BOXING WORKOUT</u>	<u>30 MINUTE ZUMBA CARDIO AND FULL BODY WORKOUT</u>
OPTION 4	<u>10 MINUTE KIDS CARDIO WORKOUT HIIT</u>	<u>20 MINUTE EVERYDAY VINYASA FLOW</u>	<u>30 MINUTE LINE DANCING</u>	<u>25 MINUTE CARDIO-BOXING WORKOUT</u>	<u>25 MINUTE STRETCH AND STRENGTHEN</u>