Build strength, balance, and flexibility with 5-6 workouts a week.

Do you want to take your yoga fitness to the next level? After crushing the Beginner Yoga and Intermediate Yoga Fitness Challenges, Yoga Fit will help you master the movement patterns while also continuing to build strength, balance, and flexibility with additional training. Each week gives you around 3-4 sessions of flexibility and 2 sessions of strength, approximately 30-60 minutes each session. Yoga mat and yoga blocks are recommended.

What are you waiting for? In 4 short weeks, you will continue to improve your yoga execution and greatly improve your flexibility and balance. Review the workout plan on the following page. Plan these workouts on your calendar by using the monthly exercise tracker as a guide. Navigate the workouts by clicking on the hyperlinks on the specific days of the program. Choose a workout from the list of classes from our on-demand library of fitness classes that fits your schedule. On the days that you are planning to “rest,” do active recovery activities that include walking, biking, or stretching to aid reaching your fitness goals.

If you have any questions, please email Employee Health and Wellbeing at wellbeing@udel.edu.
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Plan your workouts using the monthly exercise tracker. Navigate the workouts by clicking on the hyperlinks below to view the list of classes from our on-demand library of fitness classes. Choose a workout from the list of classes that fits your schedule.

Workouts a week: 3-4  

Equipment Optional:  
Mat  
Blocks  
Strap

DAY 1 - FLEXIBILITY YOGA BREAK
DAY 2 - STRENGTH BARRE
DAY 3 - FLEXIBILITY YOGA
DAY 3  You can choose to use this day as a rest day or do another activity.
DAY 5 - STRENGTH PILATES
DAY 6 - FLEXIBILITY YOGA BREAK
DAY 7  You can choose to use this day as a rest day or do another activity.
DAY 8 - FLEXIBILITY YOGA
DAY 9 - STRENGTH BARRE
DAY 10 - FLEXIBILITY YOGA
DAY 10  You can choose to use this day as a rest day or do another activity.
DAY 11 - FLEXIBILITY STRETCH & MOBILITY
DAY 12 - STRENGTH PILATES
DAY 13 - FLEXIBILITY YOGA
DAY 14  You can choose to use this day as a rest day or do another activity.
DAY 15 - FLEXIBILITY YOGA BREAK
DAY 16 - STRENGTH BARRE
DAY 17 - FLEXIBILITY YOGA
DAY 17  You can choose to use this day as a rest day or do another activity.
DAY 18 - FLEXIBILITY STRETCH & MOBILITY
DAY 19 - FLEXIBILITY YOGA BREAK
DAY 20 - STRENGTH PILATES
DAY 21 - FLEXIBILITY YOGA
DAY 22 - FLEXIBILITY STRETCH & MOBILITY
DAY 23 - STRENGTH BARRE
DAY 24 - FLEXIBILITY YOGA
DAY 25 - FLEXIBILITY YOGA BREAK
DAY 26 - FLEXIBILITY PILATES
DAY 27 - FLEXIBILITY YOGA
DAY 28 - FLEXIBILITY YOGA

Mark to complete: ✔️