

KAYLA'S WELLNESS



WAVERLEY OAKS
ATHLETIC CLUB

JOURNEY

WEEK ONE

TUESDAY, 5/31

6:15AM MX4 + CORE

MX4 + Core with Cara made me realize I have a lot of work ahead of me, but I felt amazing afterwards! Cara was so motivating and sweet, and provided so much encouragement throughout my first class. Plus, the other members were so nice and welcoming! I was certainly working up a sweat within the first 5 minutes. I can't wait for the next training!

THURSDAY, 6/2

6:15AM MX4 + CORE

The second training was just as hard as the first, but I felt much better walking into the class this time because I had an idea of what we would be doing and the format of the program. Cara is just fantastic and super motivating, and she really makes me want to keep going.

5:00PM PERSONAL TRAINING WITH CHRIS

It felt great to get back to work with Chris! I was a little tired from my first week back in the gym, but now that I've established a routine it will be easier moving forward. Chris is a really knowledgeable trainer and takes the time to explain not only what we are doing, but why we are doing it and how it will help me reach my goals. The hour went by really fast and we got a lot of work done.

SATURDAY, 6/4

9:00AM YIN YOGA

Yoga was definitely out of my comfort zone, but I am glad that I went! It was super focused on stretching which, like I said before, I really need to put more effort into doing. The Instructor, Dennis, was so nice and made sure to go out of his way to make me feel welcome.

WEDNESDAY, 6/1

6:15AM WORKOUT

Tomorrow I have my first personal training session with Chris and I will receive a personalized workout plan, so today I walked on the treadmill on an incline for 30 minutes since I was still a little sore from MX4.

I wouldn't exactly call myself a "morning person" but mornings work best with my schedule and Miriam, the morning Front Desk Attendant, will be keeping me accountable for that! Miriam is so friendly and makes me feel like I accomplished so much just by walking through the door! As I leave, she says "see you tomorrow morning" so I can't let her down now - haha!

FRIDAY, 6/3

6:15AM WORKOUT

I gave myself a light day that consisted of stretching, foam rolling and 20 minutes walking on the treadmill on an incline. Stretching and recovery is something I have always struggled with fitting into my "plan", so it felt good to get in one of these days which was so needed this first week.



Kayla and Madora, Marketing Specialist at Waverley Oaks, at Friday morning's workout

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