

# KAYLA'S WELLNESS



WAVERLEY OAKS  
ATHLETIC CLUB

## JOURNEY

## WEEK THREE

**MONDAY, 6/13**

**6:15AM WORKOUT**

I am at a work conference so this week will look a little different. When I met with Trainer Chris, he told me to pick a few exercises and do those with the equipment available at the hotel's gym. I did not get a full workout, but I felt good starting the week off right!

**WEDNESDAY, 6/15**

**6:15AM CARDIO**

The weather was absolutely gorgeous on Cape Cod, so I got my steps in by taking a walk outside around the hotel.

**FRIDAY, 6/17**

**6:15AM WORKOUT**

Light day of stretching, walking on the treadmill and a few sets of bench presses because I felt I needed to work on those a little bit more than the other exercises after yesterday's training session.

**TUESDAY, 6/14**

**6:15AM PILATES ON DEMAND**

There are many options to choose from in Waverley Oaks' On Demand Library, and I went with Sandra's Pilates class! I spend a lot of time in New Hampshire during the summer, so I am excited that I can access these classes while I am away.

**THURSDAY, 6/16**

**6:15AM MX4 + CORE**

It felt so good to be back at Waverley Oaks!

I have to be honest - I was absolutely exhausted this morning. I am so grateful for this experience because it is pushing me to stick with the commitment I made even when I do not want to.

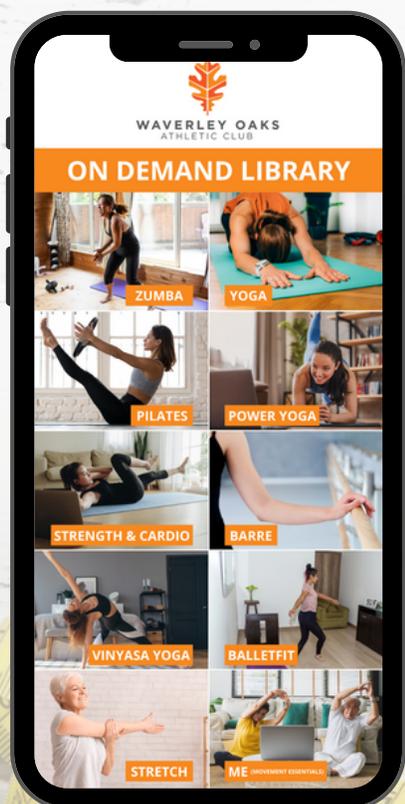
What I love about MX4 is not only is it challenging, but the camaraderie is so motivating. Plus, Instructor Cara is a great coach. She adjusts my form and offers modifications when needed, validates me when I am doing something right, and celebrates even the small wins. All of this combined makes a huge difference for me.

**5PM PERSONAL TRAINING WITH CHRIS**

Rather than focusing on certain muscle groups in each session, Chris' plan is more of a full body workout, and today we focused on a workout that involved barbell squats so Chris could check on my form.

Weekday evenings are a very busy time at the gym so there were times when the machine or equipment we needed was in use. This was actually really helpful for me because I get a little overwhelmed not knowing what to do when I'm on my own and this happens.

Chris gave me tips on exercises and alternative machines to use.



Waverley Oaks Athletic Club On Demand Library

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