

KAYLA'S WELLNESS



WAVERLEY OAKS
ATHLETIC CLUB

JOURNEY

WEEK TWO

MONDAY, 6/6

6:15AM WORKOUT

First workout of week two was a success! As hard as it is for me to get up early, especially just starting out, getting to the Club at 6:15am gives me plenty of time to get in a full workout, and it is less crowded than in the evening. Trainer Chris did a great job creating a personalized workout plan that includes 3 days of training and 2 cardio days, and I completed the first day of training today. Rather than focusing on certain muscle groups in each session, Chris' plan is more of a full body workout.

WEDNESDAY, 6/8

6:15AM WORKOUT

Waking up at 5:30am on Tuesday and Wednesday mornings are going to be tough for me because I close the Club at 10pm and don't get to bed until around 11pm. I managed to get to the club at 6:40am this morning, which is still great, and I got in a full hour workout.

FRIDAY, 6/10

6:15AM WORKOUT

Well, I knew it would happen eventually! Unfortunately, I slept through my alarm this morning, but I am not too upset about it. I have my personal training session this afternoon so I will still be getting a workout in.

3PM PERSONAL TRAINING WITH CHRIS

Great training session! We worked on deadlifts and other strength training exercises. I am going on a work conference next week, so we discussed how to stay on track while away.

SATURDAY, 6/11

9AM CARDIO & STRETCHING

The weather was beautiful, so instead of attending Yin Yoga, I went for a long walk outside. After the walk I did a few yoga stretches I learned in last week's class.

TUESDAY, 6/7

6:15AM WORKOUT

Today was another great workout, but I was very tired this morning! It is definitely going to be hard getting up early after I work evenings at the Front Desk of the Club (which is my second job) and I don't get home until 10:30pm.

THURSDAY, 6/9

6:15AM MX4 + CORE

This was my third MX4 small group training, and I wouldn't say that it is getting easier - haha. I don't think a training like this will ever be "easy" (otherwise what would be the point of going?!), but I am getting more confident with each class. Today, Instructor Cara said we should workout "smarter not harder" and that really stuck with me. In the past, I would try to increase weights or go faster because I thought I would get a better workout. As a result, I would have to take a break. Today, I really listened to my body to understand when I needed to slow down and pace myself. I felt I got a much better workout - thanks Cara!



Kayla and Cara, MX4 + Core Instructor

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