

KAYLA'S WELLNESS



WAVERLEY OAKS
ATHLETIC CLUB

JOURNEY

WEEK NINE

MONDAY, 7/25 6:15AM WORKOUT

I am so glad to be back at the gym this morning! I really needed that Mental Health Day last Friday and this past weekend to recharge. Chris updated my personalized workout program slightly, so I completed that. It felt really good to start my week off right :-)

THURSDAY, 7/28 6:15AM MX4 + CORE

I went to the Red Sox game last night and got home around midnight, so I was not super confident that I would make this class. Surprisingly, I made it! I missed my alarm (which is never good) but luckily, I woke up on my own with JUST enough time to make it to class.

This was not my best class because I was exhausted, but I still worked my butt off to get through it and I am so glad that I did. I had to skip the "core" portion at the end because I had to run an errand after class, but I am proud I didn't use the Red Sox game or that errand as an excuse not to go!

Plus, Cara is an incredible instructor. She is motivating, encouraging, and she makes the trainings fun. I truly look forward to every class.

5PM PERSONAL TRAINING WITH CHRIS

I had to miss training with Chris because we are both heading out of town this weekend and the timing just did not work out for us, but that is okay because he gave me a great program to use even when we do not meet!

FRIDAY, 7/29 CARDIO

I am spending the weekend on Martha's Vineyard for a Bachelorette party! I got a bunch of steps in walking around Oaks Bluffs shopping and sightseeing.

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TUESDAY, 7/26 6:45AM WORKOUT

The gym was not super busy at all which was fantastic! I increased my deadlift last week and I was able to maintain the increased weight this week which made me so happy that it wasn't a fluke or something. I am actually getting stronger!

WEDNESDAY, 7/27 6:15AM WORKOUT

This must be a popular week for summer vacations because the gym was not busy again today and I got a squat rack right away which is always my favorite - haha. I completed a barbell squats workout. For some reason I feel like I get the best workout when I do this particular exercise.

