

RESOURCES FOR STAYING ACTIVE

As we adjust to life indoors we have to get creative with our ways to stay active. Many companies, fitness studios and gyms are offering complimentary online workouts or free trials of their classes. You can stream these on your Smart TV or other devices. See the list below! Use this PDF to access the hyperlinked images containing the website for each.

Relax/Yoga

LIVunLtd



- ◆ Offer free yoga classes through Instagram Live and you have access to each day's class for 24 hours after.
- ◆ Click the LIVunLtd icon in the top left corner and select live video.
- ◆ Price: Free

Sky Ting TV



- ◆ Meditation and yoga classes available.
- ◆ From quick yoga sequences for energy to guided meditations and full-length restorative classes.
- ◆ Price: Free seven-day trial; \$20 a month

The Class by Taryn Toomey



- ◆ Stress-relieving class involves jumping, body-weight exercises and breathing exercises (some chanting, too) set to music.
- ◆ Price: Free 14-day trial; \$40 a month

Lululemon



- ◆ Your favorite athletic clothing brand will be hosting free Instagram Live sessions that feature yoga, do-anywhere workouts, meditation, and self-care tips.
- ◆ Price: Free

RESOURCES FOR STAYING ACTIVE

High Intensity/Strength Training

Orange Theory



- ◆ They upload new at-home 30 minute workout routines daily.
- ◆ You won't need any special equipment.
- ◆ Price: Free

Barry's



- ◆ Offers a complimentary, twice-daily IGTV (Instagram) Barry's at-home workouts.
- ◆ Price: Free

Rumble



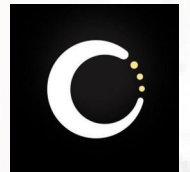
- ◆ This boxing studio is hosting daily Instagram Live videos featuring cardio and body weight workouts every morning.
- ◆ Price: Free

Sweat by Kayla



- ◆ Kayla Itsines' Instagram-famous workout routines.
- ◆ Her Sweat app has easy-to-follow resistance workouts that are just 28 minutes long.
- ◆ Price: Free seven-day trial; \$19.99 a month

Centr Fit



- ◆ Work out like "Thor" with actor Chris Hemsworth's workout app, Centr.
- ◆ High-intensity interval training, boxing and strength workouts, PLUS meal plans.
- ◆ Price: Free seven-day trial; \$10 a month

Obe Fitness



- ◆ The fitness app and website, Obe, hosts more than 4,000 classes.
- ◆ Obe even has quick, kid-friendly classes set to Kidz Bop music.
- ◆ Price: Free trial; \$27 a month

Daily Burn



- ◆ Thousands of recorded group workouts (from Pilates to postnatal classes).
- ◆ They also provide virtual one-on-one training sessions through the smartphone app.
- ◆ Price: Free 60-day trial; \$14.95 a month

RESOURCES FOR STAYING ACTIVE

Cardio

Nike Run Club



- ◆ For outside running or power-walking.
- ◆ Offers lots of workouts from top running coaches for all levels. The app also tracks your distance and pace so you can ensure you're getting your steps in while you're cooped up inside.
- ◆ Price: Free

Aaptiv



- ◆ Audio-guided cardio workouts.
- ◆ They add more than 30 "classes" each week, including outdoor running routines and strength-training workouts.
- ◆ Price: Free seven-day trial; \$15 a month

DANCEB^oDY

DanceBody

- ◆ A fast-paced dance-inspired cardio workout.
- ◆ Release new workouts each day, so you won't get bored.
- ◆ Price: Free seven-day trial; \$34.99 a month

Barre

Barre3



- ◆ The combo of strength-training, mindfulness, cardio and stretching in a Barre3 workout will give you an endorphins boost that will help you stay energized all day.
- ◆ Exercises are all low-impact (key for apartment-dwellers who are worried about disturbing their downstairs neighbors).
- ◆ Price: Free 15-day trial; \$29 a month



The Bar Method Online

- ◆ Try 15-to-60-minute barre classes from instructors around the country with The Bar Method's online program.
- ◆ Price: Free 14-day trial; \$19 a month