

## At Home Fitness Opportunities

COVID-19 related gym closures do not have to mean stopping your workouts. Even if your gym is closed or your favorite class is canceled, you, your colleagues and your family members can maintain health and wellness from your home. This may even be a chance to try a completely new workout – free!

The list below is not all-inclusive, but contains a variety of opportunities to check out. If you attend a different fitness center, check their website or follow them on social media to see if they are also offering any support during this closure.



Powered by the Y

### YMCA 360

Whether it's a current Y favorite or something new to you, [YMCA 360](#) matches your lifestyle with a growing library of online videos for you and your family.



### Fitness Blender

[Fitness Blender](#) offers hundreds of free workout videos ranging in difficulty, length, and body focus. This is free all the time, not just now!



### Orangetheory

Orangetheory is sharing 30-minute at home [workout videos](#) daily. According to their page, you will not need any equipment, but may be asked to grab a couple of household items that will assist you in your exercise.



### Planet Fitness

Planet fitness is offering free online classes daily through their "United We Move" [home work-ins](#), which will be 20 minutes and will not require any equipment.



### Gold's Gym

Gold's Gym has two easy [digital options](#) to keep your fitness routine strong, so you're able to stay active, healthy, and workout wherever you feel comfortable and safe. You can choose bodyweight, HIIT, core strength, fit over 50, or strong at home movements.



### Strong by Zumba

STRONG by Zumba® combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music. They have several at home workout options on their [YouTube page](#), including 7-minute, 20-minute, and 30-minute options.



### Core Power Yoga

This popular yoga studio is offering free access to a selection of their [online classes](#) while they are closed. Some videos are locked for members only but there are many free options.



### Nike Training Club App

Nike Training Club is evolving as the world is evolving and they want you to stay healthy and active. Enjoy on-demand class-style workouts, programs, and expert tips on nutrition, sleep, and more with free access to [NTC Premium](#) to all Nike Members until further notice.

## Great Options for Kids!



### Cosmic Kids Yoga

[Cosmic Kids](#) has yoga, mindfulness and relaxation activities designed especially for kids aged 3+, used in schools and homes all over the world.



### Go Noodle

[GoNoodle: Good Energy at Home](#) is a free online resource that provides tons of ways for kids and families to be active, stay mindful, and keep on learning!

*This content is intended to be informational and does not constitute professional health advice or an endorsement of these services. Always consult your physician before beginning any exercise program. If you experience any pain or difficulty with these exercises, stop and consult your healthcare provider.*

*Any of these facilities may stop offering their free online services without notice.*