



Want to try a new activity, like dance, yoga, barre, bodyweight exercise, running, and more?

Now's the time! During the pandemic, the following resources are available online for free.

- **305 Fitness** live cardio dance, happening daily at 12 PM EST and 6 PM EST
<https://305fitness.com/digital-events>
- **AARMY** live bootcamp workouts, happening daily at posted times
<https://www.instagram.com/aarmy/>
- **AKT** live cardio dance classes on Facebook, happening at posted times
<https://www.facebook.com/AKTGO/>
- **Barry's Bootcamp** band workouts and 20-minute bodyweight workouts, posted daily
<https://www.instagram.com/barrys>
- **Corepower Yoga** online yoga and meditation classes
<https://bit.ly/2WKAYde>
- **F45** 45-minute HIIT workouts, posted daily
<https://bit.ly/33Mbeyy>
- **Les Mills** variety of workout classes
<https://bit.ly/2wEatLV>
- **Mobius Fit** 45-minute live total body workouts, happening daily at posted times
<https://bit.ly/33MOsGZ>
- **NYC Ballet principal dancer Tiler Peck** live ballet classes
<https://www.instagram.com/tilerpeck/>
- **Orange Theory** 30-minute workouts, no equipment needed, posted daily
<https://bit.ly/2QLzmMu>
- **Peloton** home workouts for running, strength, and bootcamp classes. Please note: Peloton bike not needed; you get a 90-day trial subscription for free.
<https://bit.ly/2QQLmfU>
- **Physique57** live barre workouts, happening Monday through Saturday at posted times
<https://www.instagram.com/physique57>
- **Planet Fitness** 20-minute live workouts, happening daily at 7 PM EST
<https://www.facebook.com/planetfitness/>
- **Rumble** live boxing-inspired cardio workouts, happening daily at posted times
<https://www.instagram.com/doyourumble/>
- **Row House** live rowing classes, happening daily at posted times. Please note: You need a rower to participate.
<https://www.facebook.com/rowhousego/>
- **STRONG by Zumba** total body workout classes
<https://bit.ly/3dubEOx>
- **YMCA** variety of workout classes
<https://ymca360.org/on-demand>
- **Yoga with Adriene** online yoga and meditation classes
<https://bit.ly/2QNPkpE>

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