

Just because the gyms are closed doesn't mean that you can't stay fit. Below is a list of live-stream and recorded digital classes you can join from anywhere!

This is not a comprehensive list. These programs are not endorsed by USG Well-being. Usage of the programs below should be done at the users own discretion.

A LITTLE BIT OF EVERYTHING:

PELOTON

Peloton is offering their app for free to new users for the next 90 days. There's no need to spend thousands of dollars buying one of their bikes, the app has yoga, meditation, strength, stretching, bodyweight cardio and strength training exercises. According to the company, all you need is a mat to get started.

PLANET FITNESS

Planet Fitness is live streaming "Work-Ins" at 7:00 pm EDT every day on Facebook. Don't worry if you miss the live stream though, past videos are available on their feed. These 20 minute or less workouts will help relieve stress and help you stay active.

YMCA

YMCA has launched on-demand exercise and youth programs called YMCA 360. These programs include barre, boot camp, yoga, weightlifting, and more. All of the exercise courses are free for a limited time, regardless of Y membership.

GOLD'S GYM

Gold's Gym is offering a variety of digital workouts for free through the end of May. Its app offers over 600 audio and video workouts. On-demand and live videos are also available for a variety of programs including bodyweight, HIIT, core strength and bootcamp. Gold's gym has partnered with Les Mills to offer free access to 100+ workouts for a limited time.

LIFE TIME

Life Time is offering "Classes on Demand," a way for members and non-members across the country to stream cardio, strength and yoga classes for free. New classes are added every day and include kickboxing, barre, guided meditations and more.

24 HOUR FITNESS

24 Hour Fitness is offering access to their apps on-demand workouts and premium content for free during this time, which includes Les Mills classes and audio coaching. They are also extending their memberships for the amount of time that their gyms are closed. Check out their Youtube channel for a constant broadcast of workouts from 10:00 am – 9:00 pm EDT seven days a week. These classes include yoga, Zumba, full body and more.

BLINK FITNESS

Blink Fitness is hosting Facebook Live sessions weekdays at 8:00 am EDT. Virtual workouts include cardio, HIIT, and plenty of how to videos to show you proper techniques.

CRUNCH FITNESS

Crunch Fitness is offering its online workout class portal, Crunch Live, free for 45 days, even for non-members. The app has over 100 workouts, including dance, yoga, pilates, barre, kickboxing and more.

RETRO FITNESS

Retro Fitness is now offering free daily live stream classes on their facebook page. These classes are weekdays at 6:00 pm EDT and are taught by the company's expert trainers. Workouts include pilates, yoga, HIIT, body burn and more.

YOGA CLASSES:

DOWN DOG

Down Dog is offering free access to their apps through July 1st. The Down Dog app allows users to select their time, level, voice, and music to create a unique, personalized yoga practice each and every time. Other apps available include Yoga for beginners, HIIT, 7 minute, and Barre. Use your highlands.edu email address and create a profile to gain access.

COREPOWER YOGA

CorePower Yoga is offering free access to a limited collection of online yoga and meditation classes while studios are closed. Choose what length of workout or class format you want and then stream on demand.

LULULEMON

Lululemon, yes that lululemon, is offering free Instagram Live sessions that feature yoga, do-anywhere workouts, meditation, and self-care tips.

Y7 YOGA

Y7 Yoga is offering Instagram Live sessions throughout the week featuring a vinyasa yoga.

YOGAWORKS

Yogaworks is offering free streaming of live classes throughout the day, even to non-members. There are 40+ classes offered every day.

TONING & DANCE CLASSES:

FORWARD SPACE

Forward Space is currently hosting “digital dance parties” via Instagram Live every day at 2:05 pm EDT.

305 FITNESS

305 Fitness is offering cardio dance live streams twice a day on YouTube. The sessions are held at 12:00 pm and 6:00 pm EDT.

HIGH INTENSITY CLASSES:

ORANGETHEORY

Orangetheory is sharing a new 30-minute workout video each day, featuring some of its most popular coaches from around the world. These workouts don't require any special equipment, but may feature everyday household items.

BARRY'S BOOTCAMP

Barry's Bootcamp is hosting 20-minute bodyweight workouts on Instagram Live. Check out the two free workouts each day at 12:00 pm and 3:00 pm EDT.

RUMBLE

Rumble is hosting free daily boxing and HIIT workouts on Instagram Live. These videos are also posted to their feed for easy access even if you miss the live session. Live stream times vary by day, so be sure to check out the posted weekly schedules.