



FITNESS RESOURCES

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During the COVID-19 pandemic, having a regular plan to keep moving is a very important. It is one of the best ways to take care of yourself. Exercise is powerful medicine. Regular exercise can reduce your stress and anxiety levels, help you sleep better, and boost your mood. However, you should consult your physician or other health care professional before starting any of these fitness programs to determine if it is right for your needs. If you experience faintness, dizziness, pain or shortness of breath at any time while exercising you should stop immediately. We hope that you find this list of fitness program resources helpful.

Free

305 Fitness https://www.youtube.com/channel/UCITBXIWPx7L_jhJ_vdRAu-A offers free cardio routines and movement classes on the 305 Fitness YouTube page every day at 12 p.m and 6 p.m. EST.

Aaptiv <https://podcasts.apple.com/us/podcast/aaptiv/id1502762529> has released a selection of its workouts and meditation sessions for free on Apple Podcasts. Also offers a free seven-day trial period for \$99 annual subscription; monthly subscription with no free trial, \$15.

Anytime Fitness <https://www.facebook.com/anytimefitness/> offers free weekday workouts on their official [Facebook page](https://www.facebook.com/anytimefitness/). The gym will also be offering Q&A sessions to help people with mental health, nutrition and other forms of self-care to get you through the quarantine.

Barry's Bootcamp on Instagram Live <https://www.instagram.com/barrys/?hl=en> offers two free classes on Instagram Live per day (search @barrys). Including a body-weight-based one and one that incorporates a "fit kit" using resistance bands that can be purchased [online](#).

C25K 5K Trainer <https://apps.apple.com/us/app/c25k-5k-trainer/id485971733> sets you up to run up to a half-hour three times a week, giving you more stamina and the ability to complete your own 5K while stuck at home.

Core Power Yoga <https://www.corepoweryoga.com/yoga-on-demand> is offering free access to a collection of online classes through CorePower Yoga On Demand. New classes will be available every week so you can keep up your practice – wherever you are.

Essence <https://wellnesshouse.essencestudios.com/?> is streaming free workout and wellness classes.

FitOn https://app.fitonapp.com/?mod=article_inline is a fitness app with free workouts,

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including some led by celebrity exercise coaches such as actress Gabrielle Union and “Queer Eye’s” Jonathan Van Ness. Classes include cardio, strength, HIIT, dance and Pilates classes, plus sessions tailored to prenatal and postnatal workouts.

Gold’s Gym <https://apps.apple.com/us/app/golds-gym> allows you to use their app for free until May 31st, offering over 600 workouts for both indoors and outdoors.

Johnson & Johnson Official 7-Minute Workout <https://apps.apple.com/us/app/johnson-johnson-official-7/id784797900> offers a free, seven-minute high-intensity circuit training workout.

Nike Training Club https://www.nike.com/ntc-app?mod=article_inline offers more than 185 free workouts (yoga, cardio and more) which last from 15 to 45 minutes, as well as targeted running training programs, nutrition and wellness guidance. They have waived the \$14.99 a month fee for its premium service indefinitely.

Peloton Online <https://www.onepeloton.com/membership> offers workouts without a bike, and a free 3 month membership. Subscription costs \$12.99 per month for the studio and running classes and \$39 per month to use with the bike or tread.

Planet Fitness <https://www.facebook.com/pg/planetfitness/videos/> is offering free 20-minute at-home workouts — which it’s calling “Home Work-Ins” — on its company Facebook page.

Retro Fitness <https://www.facebook.com/RetroFitness/> offers free livestream classes Monday-Friday at 6pm EST on its Facebook page.

Rumble <https://www.instagram.com/doyourumble> offers free boxing-inspired fitness classes on Instagram each morning. Turn on post notifications for [@doyourumble](https://www.instagram.com/doyourumble), so you’ll get an alert when the classes are about to go live (generally at 8 a.m. ET).

SoulCycle https://www.soul-cycle.com/news/offthebike?mod=article_inline instructors are offering free workouts off the bike on their individual Instagram accounts, including dance and body weight movement classes.

WodWell’s Bodyweight Section <https://wodwell.com> offers free bodyweight routines and exercises that focuses on CrossFit techniques.

Workout for Women <https://apps.apple.com/us/app/workout-for-women-fitness-app/id839285684> is a free fitness app with female-centered exercises.

YMCA 360 <https://ymca360.org/#/> is a free on-demand site that allows you take everything from weight training and boot camp classes to tai chi and low-impact programs for seniors.

Yoga to the People <https://yogatothepeople.com/online-classes/> offers two classes per



day via **Zoom**, and three on Wednesdays. For more advanced students, there's an additional Master Class available on Wednesdays too. The organization accepts a “pay what you can” donation.

YouTube a quick search of exercise workouts will result in varying types of activity, along with lengths of workouts. Please find some linked recommendations below:

- Resident Quarantine Workout- Caroline Barrow Maness MD
- Fitness Blender: https://www.youtube.com/channel/UCiP6wD_tYIYLYh3agzbByWQ
- Fightmaster Yoga: <https://www.youtube.com/channel/UCcox27Gc-NGbb2-X9hd-LaMw>
- HASfit: <https://www.youtube.com/channel/UCXIJ2-RSIGn53HA-x9RDevA>:
- The Body Coach TV: <https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn-6rYQ>
- Kit Rich: <https://www.youtube.com/channel/UCUoDVmLvA85FFm43M6VCGBg>
- Yoga with Adriene: <https://www.youtube.com/user/yogawithadriene>
- Popsugar Fitness: <https://www.youtube.com/channel/UCBINFWq52ShS-gUFEoynfSwg>
- Heather Robertson: <https://www.youtube.com/user/heatherrobertsoncom>

Free Trial

Beachbody on Demand <https://www.teambeachbody.com/shop/d/BODStandalone134063> offers a 14-day free trial, then \$39 for 3 months, \$59 for 6 months or \$99 for 12 months with multiple programs to choose from including 21-day Fix, Insanity, P90x, etc.

Daily Burn <https://dailyburn.com/landing> offers a 60 day free trial, including barre, yoga, HIIT, and Pilates.

Exhale On Demand <https://ondemand.exhalespa.com/> offers a 30-day free trial (Barre, Cardio, Yoga) or you can pay by class or group such as “No Props Needed” or “30 Day Challenge.”

Jillian Michaels online or App <https://www.jillianmichaels.com/> offers a free trial and subscription for \$14.99 per month or \$69.99 per year.

Le Sweat <https://tv.le-sweat.com/> offers both bodyweight exercises and routines with dumbbells. Membership costs \$12.99 per month with a seven-day free trial.

Les Mills <https://www.lesmills.com/workouts/fitness-classes/> offers several programs (e.g., body combat, dance-oriented, yoga, cycling) that are made for all different skill levels, including exercises geared toward children. A 14-day free trial is available or subscribe for \$10 -\$15 per month.

Men's Health <https://www.alloutstudio.com/> All Out Studio app offers a free 30-day trial for



their online training programs when you use the promo code MHFREE30.

Obé <https://obefitness.com/> has extended its seven-day free trial to 30 days (use the code ATHOME at checkout; the subscription price is \$27 per month). The app's cardio, strength, and yoga and meditation classes—both live and on-demand—include signature 28-minute workouts and 10-minute express sessions.

Pure Barre On Demand <https://ondemand.purebarre.com/> offers a free 7 day trial or subscribe for \$29.99 per month.

The Sculpt Society <https://app.thesculptsociety.com/> isolates your muscles through dance-inspired moves, light weights, and high reps. Membership costs \$19.99 per month with a 14-day free trial. The site sells gliders, bands, and an exercise ball, but exercises can be modified, and household objects (like towels as gliders) can be used.

Subscription

Amazon Prime offers several workout options with your subscription, including Zumba, HIIT, and other fitness videos streaming yoga, meditation and strength training.

Exercise TV includes on-demand subscription channels such as Gaiam TV Fit and Yoga and Fit Fusion. Consult your cable provider for availability.

Fit4abetterme <https://www.fit4abetterme.com/> offers classes taught by women of color for women. Virtual Zumba, yoga and strength classes are \$5 per class. For unlimited virtual classes, you can also opt for a \$34.99 monthly membership.

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