

Yoga	<ul style="list-style-type: none"> • Modo Yoga - IGTV • Yoga Vida - IGTV • YoBK - IGTV • Sky Ting - IGTV • BlackSwan Yoga - IGTV • Good Times Yoga - IGTV and Zoom (IG by donation, Zoom by subscription) • Yoga with Adriene - YouTube • The Practice by Annie Clarke - YouTube
Pilates	<ul style="list-style-type: none"> • Blogilates - YouTube
HIIT & Boxing	<ul style="list-style-type: none"> • Cut Seven - Google drive videos • Joe the Body Coach - HIIT workouts (has PE classes for kids, too!) • Prevail Boxing - IGTV and YouTube • Carbon38 - IGTV • Orangetheory Fitness - YouTube • Church Street Boxing - IGTV • Rumble - App streaming
Dance	<ul style="list-style-type: none"> • Good Move - IGTV and Zoom (free) • Forward Space - IGTV • 305 Fitness - YouTube links posted on IG channel daily (free) • Patricia Moreno - YouTube channel full of mood-boosting workouts (free) • Dancing Alone Together - Online streaming • Refit Revolution - YouTube channel (free)
Running	<ul style="list-style-type: none"> • Mile High Run Club - IGTV • Runkeeper by ASICS, has training packs and now virtual races to compete in
Fitness	<ul style="list-style-type: none"> • Les Mills - Online streaming • Nike Fitness App - App streaming • All In by Teddi Mellencamp - Online streaming (free with code ALLINHOME through 3/31) • ACTIVE by Popsugar - Online streaming • ASICS Studio free for everyone (yoga, body weight workouts, etc)
Mindfulness	<ul style="list-style-type: none"> • MNDFL - IGTV • The Practice by Annie Clarke - Youtube • Inner workout digital classes • Sanity + Self - self care app