

FREE WORKOUTS ON AMAZON PRIME

7-DAY BARRE CHALLENGE

7-Day Barre Challenge offers a free crash course on Amazon Prime.

AEROBICS LOW IMPACT

If you're recovering from an injury or just looking for an easy workout, **Aerobics Low Impact** is the place to go.

DANCEFIT WITH MONICA

DanceFit with Monica provides a fun, fast-paced workout with movies you can take to the club.

HEFB PILATES FUSION

High-Energy Full-Body Pilates Fitness Fusion Workout provides workouts for both beginners and experts.

ZUMBA FITNESS CONCERT

Zumba Fitness-Concert Live provides 70 minutes of Latin dances and 16 routines.

Need something to do during self-isolation? The Office of Care and Civility would like to provide you with a series of FREE workouts you can do at home.

HIIT WITH MAGGIE BINKLEY

15-Minute HIIT with Maggie Binkley features different full-body workouts Monday through Friday.

8-MINUTE ABS WORKOUT

8-Minute Abs Workout offers exercises you can do minutes at a time on Amazon Prime.

BEAUTIFUL BELLY

Beautiful Belly offers gentle, yet intense yoga for expecting mothers.

FULL BODY EVERYDAY WORKOUTS

Full Body Everyday Workouts targets your entire body, and lets you customize moves depending on your fitness level.

TRUE BEGINNER

True Beginner is the place to go if you're new to exercise and looking for great beginner workouts.