

# FREE WORKOUTS FROM FITNESS STUDIOS

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.

## BARRY'S BOOTCAMP

**Barry's Bootcamp** hosts free 20-minute body-weight workouts on Instagram Live.

## BURN BOOT CAMP

**Burn Boot Camp** streams live at-home workouts weekdays at 9 a.m. ET and offers pre-recorded workouts as well.

## COMMUNITY YOGA STUDIO

**Community Yoga Studio** offers free classes on Youtube as well as classes on Facebook and Instagram.

## GOLD'S GYM

**Gold's Gym** offers over 600 audio and video workouts on its app for free.

## ORANGETHEORY

**Orangetheory** is sharing a new daily 30-minute workout video for free that don't require equipment.

## 305 FITNESS

**305 Fitness** has free cardio dance live streams on Youtube at 12 p.m. and 6 p.m. ET.

## BULLDOG ONLINE

**Bulldog Online** offers free yoga videos you can do from home and stream on any mobile device.

## CLUB PILATES

**Club Pilates** offers at-home Pilate workouts to strengthen your core and improve your posture.

## EAGLE MARTIAL ARTS

**Eagle Martial Arts** offers free cardio kickboxing classes on Youtube for both kids and adults.

## LYT

**LYT** is providing free online yoga classes through the next month, and maybe even longer.