

FREE WORKOUTS ON FACEBOOK

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.

BLINK FITNESS

Blink Fitness provides daily virtual workouts that air Monday-Friday at 8:00 a.m. EST on Facebook Live.

FIT2GO

Fit2Go Personal Training offers in-home fitness videos streamed free on Facebook.

SUNSTATE YOGA

SunState Yoga is posting live streams of yoga classes from their studio on their Facebook page.

9ROUND

9Round is hosting free kickboxing classes featuring their founders Shannon and Heather Hudson.

BIKRAM YOGA WORKS

Bikram Yoga Works & Cryotherapy posts daily schedules and streams free yoga and Pilates workouts on FB.

CAMP GLADIATOR

Camp Gladiator is hosting free virtual at-home workouts that requires little to no equipment.

JESS GRIPPO

Jess Grippo is offering free dance fitness videos with motivating music streamed on Facebook Live.

WELLNESS WORLD

Wellness World is offering free yoga and meditation classes streamed live on their Facebook.