

FREE WORKOUTS ON YOUTUBE

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.

BLOCKER YOGA

Blocker Yoga classes ranging from beginner to higher-intensity workouts, all with the goal of cultivating more mindfulness with intentional movement and centered presence.

CORPAO FITNESS

Corpao Fitness has new workouts every Monday using little to no equipment.

STRONG BY ZUMBA

Strong by Zumba has several at-home high-intensity workouts. Choose from 7, 20, and 30 minute classes.

KATIE MACK

Katie Mack offers workouts for all fitness levels and has creative alternatives for tools if you don't have gym equipment at home.

LORA CHEADLE

Lora Cheadle offers a ton of free workouts, from cardio to HIIT.

PAMELA REIF

Low on time and equipment? **Pamela Reif** offers short workouts without chitchat or the need for gadgets.

BOHO BEAUTIFUL

Boho Beautiful offers free yoga classes and meditation practices.

ZUMBA WITH DOVYDAS

Zumba with Dovydas offers a ton of amazing Zumba workouts to keep you going through quarantine.

POPSUGAR FITNESS

Amazing workouts you can do at home from **PopSugar Fitness**, including HIIT, cardio and more

LISA MCLAREN

Personal trainer **Lisa McLaren** has a slew of workouts for free, most of which need little to no equipment.

FIT BY CRIS

Fit By Cris offers at home workouts you can do with simple household items.