

Need some movement? Try these at-Home Exercise Resources.

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Company	Type of exercise	Cost	Equipment needed	Where to find it	Notes
Shape	30 day Booty workout	Free		This article	
Lululemon	A variety of classes!	Free		The Sweat Life website	And join this FB group to stay connected
ClassPass	A variety of classes!	Free		This sign up form	
The Underbelly	Yoga	Free Trial	Basic yoga equipment. Mat, block, strap, etc	https://theunderbelly.com/	Jessamyn is incredible. Body positive, and she gives so many alternative movements if you can't do something.
Nike Training Club (NTC) app	All types	Free	There are equipment-based workouts (mat, weights, bands, etc.), but also specific no equipment workouts.	https://www.nike.com/ntc-app	I've been using this app for 8 years, it's great! use the code barre3homebody for a free membership
Barre3	Barre	Free	OPTIONAL: barre accessories	Their website	
Pure Barre	Barre	Free	OPTIONAL: barre accessories	Their IG for schedules and live stream link	
The Bar Method	Barre	Free Trial	OPTIONAL: Barre Accessories	https://barmethod.com/bar-online/	Also doing free "Bar Where You Are" classes on their Facebook page: https://www.facebook.com/barmethod
Tuck Barre & Yoga	Barre and Yoga	Free	Barre accessories optional, but they also use household objects!	https://www.facebook.com/tuckbarreyoga/	Some instructors drop their Venmo in case you want to donate to them!
Daily Burn	Body weight training, running, yoga, HIIT	Free Trial		Their website	30 day free trial
Sweat Factor	Body weight, strength, HIIT, barre, yoga, pilates	Free Trial		Their website	30 day free trial
Bailey Brown BBFit	Body weight/Pilates	Free	The occasional optional hand weight	https://www.youtube.com/channel/UCSld2X4CREfM9J3f485kEgQ	Quick 5-15 minute videos concentrating on different muscle groups.
Tracy Anderson	body, strength, cardio, dance	Free Trial	optional	https://tracyanderson.com	14 day free trial
Rumble	Boxing	Free		Their Instagram	
Shadowbox live	Boxing inspired: shadow boxing, cardio, body weight	Free		insta @sbx_boxing https://www.youtube.com/channel/UC20PnRz4jx0LZZ9XvGCiQfA	There's a paypal link to support the trainers which is a great idea
Planet Fitness	Cardio	Free		Her Website	They're only about 30 mins each but pack in a good amount of cardio and movement! Or try this 14-day Quarantine Workout
Blogilates	Cardio, strength training	Free			
FitOn	Cardio, strength, HIIT, yoga, pilates, dance, barre, pre/postnatal	Free	OPTIONAL: weights, mat, yoga accessories	Their website	
100 Ab Challenge	Core	Free		This Youtube Playlist	
305 Fitness	Dance	Free		This Youtube Playlist	
Good Move NY	Dance	Free		Their IG	
Steezy Studios	Dance	Free		Their IG	
The Sculpt Society	dance, strength (sculpt)	Free Trial	Optional (weights, slides, mat)	https://app.thesculptsociety.com	14-day free trial. Megan Roup has also done a 30 min dance cardio video with Popsugar fitness. Super fun workouts!
Yoga Wake Up	Easy yoga and meditation	Free Trial	Just you and your bed!	https://apps.apple.com/bw/app/yoga-wake-up/id973221723	We're a small business, husband-and-wife team. We created Yoga Wake Up to make yoga easily accessible to all and approachable. If you're new to yoga, try a short audio-guided session in bed.
Racked stretch	Flexibility and strength	Membership Fee	A chair	https://www.rackedstretch.com/	Membership or \$10 classes
Barry's Bootcamp	Full body, strength	Free	OPTIONAL: Barry's home workout kit	Their Instagram Story	only 20 minutes
Box+Flow	Half (shadow) boxing, half yoga	Free	Optional: yoga mat and 2lb hand weights, or cans of beans!	Website	It is the perfect combo to sweat hard while feeling movement. High intensity, low impact. The yin and yang for those at-home isolation programs.
3MinuteFitness	HIIT	Free	optional	https://www.youtube.com/channel/UC1gUXZ3Tzsu9T7dqVSWOeeQ	New uploads daily, incredible workout!
CENTR	HIIT	Free Trial		Website	
Booty By Brabants	HIIT / Full Body	Free	Typically one medium weight or bodyweight	https://www.instagram.com/bootybybrabants/	
Plate Sculpt	HIIT / pilates	Free	OPTIONAL: dumbbells	https://www.instagram.com/platesculpt/thi-en	
Equinox	HIIT and body weight	Free		Their IG	
MrandMrsMuscle	HIIT, abs	Free	OPTIONAL: weights	This Youtube Channel	
Fit Body App	HIIT, strength	Free Trial	mat, bench (or bed/couch), optional resistance bands or weights	https://fitbodyapp.com/	the creator, Anna Victoria, has tons of info on her instagram for the free trial using code DAJEITALIA. she also shows modifications and other useful tips!
Fitness Blender	HIIT, strength, pilates, cardio, yoga	Free	There are options	https://www.fitnessblender.com/videos	There are free workouts and "FB plus" workouts (membership required).
FitnessBlender	HIIT, strength, pilates, yoga	Free	OPTIONAL: yoga mat, resistance bands	https://www.youtube.com/channel/UCVQJZE_on7it_pE6tn-jdA	They have free YouTube workouts as well as a 70% off sale on their home workout programs!
Sydney Cummings	HIIT, Strength, Stretching, Apt Friendly workouts	Free	Optional but weights would come in really handy	https://www.instagram.com/the_handle_bar/	New workout posted EVERY morning at 5am EST
The Handle Bar - MOVE classes	HIIT/Strength	Free	One medium weight	https://www.instagram.com/block21fitness/	Instagram Lives at 8am M-F (available all day)
Block21 Fitness	hip hop dance cardio	Free		Their Facebook	
Bluebird Sky Yoga	live yoga classes	Membership Fee			Pay a \$19 drop in rate, or \$10 community donation
Balance	Meditation	Free		Email access@balanceapp.com for instructions	
Calm	meditation	Free		Check out these free resources	
HeadSpace	meditation	Free		Download their Headspace app	you can also read this article
Aaptiv	meditation, yoga, at home workouts	Free		Apple Podcasts	
The Moving Joint	Pilates	Membership Fee		www.themovingjoint.com	An LA-based, woman-owned and run small business now online running donation-based livestream classes area a great way to support young female instructors!
SLT	Pilates	Free		https://www.instagram.com/sltny/	IG Live classes
solidcore	Pilates	Free		https://www.instagram.com/solidcore/	IG Live classes
East River Pilates	Pilates	Membership Fee	Mat or towel	https://eastriverpilates.com/	This is one of the best and most effective pilates classes I've ever done!
Melissa Wood Health	Pilates, Yoga	Free Trial	OPTIONAL: ankle weights	Their website	7 day free trial, \$9.99 a month
Go by ClassPass	Running, Cycling, Strength, + more Spinning, Indoor + Outdoor Running, HIIT, Strength Training (bodyweight and weights), Yoga, Stretching	Free Trial	OPTIONAL: treadmill, bike, weights	Their Website	Part of ClassPass's free trial, then it auto-charges for a monthly plan you pick
Peloton		Free Trial	OPTIONAL: bike, treadmill, weights, mat	Download Peloton's Digital App and sign up for a free 90-day trial Head to this Google Drive for daily workouts	Also available on Amazon TV
Cut Seven	Strength	Free			

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Obé Fitness	Strength (like sculpt, pilates, barre...), cardio (like boxing, dance...), yoga	Free Trial	OPTIONAL: weights to level up	Their website	50% off first month in addition to 7 day free trial with code GIRLSNIGHTIN
Tone and Sculpt	Strength training	Free Trial	OPTIONAL: gym equipment, weights	Their website	Have guides for home and gym, includes meal prepping help. 7 day free trial then \$15 a month
Orange Theory Fitness	Strength training using around-the-house products	Free		Uploaded daily here	Each workout is 30 minutes long focusing on a particular muscle group
Jane Do Livestream	Strength training/hiit/dance	Membership Fee	OPTIONAL: soup cans, weights	http://www.janedo.com/livestream	Women-centric workouts with an empowering community!
Les Mills on Demand free trial	strength, HIIT, dance, boxing, bootcamp, barre, etc.	Free Trial	Depends on the class	watch.lesmillsondemand.com/free-content	
Live Workout with Lex	Turbokick, Piyo, Zumba, and HIIT	Free		https://www.twitch.tv/lexxy1887	This is great for beginners and provides so many modifications
JETSWEAT	Variety — 30+ boutique fitness studios ranging from yoga, HIIT, dance, etc.	Free Trial	Equipment varies by class/studio	https://www.jetsweatfitness.com/	The JETSWEAT digital fitness platform provides exclusive access to top boutique studio classes from 30+ studio partners including well-known brands like ModelFIT, BodyRok, Switch, Fhitting Room, etc. with personalized programming and real-time performance tracking.
POPSUGAR Fitness	Variety including: Cardio, barre, circuit training, dance, HIIT, kickboxing, yoga	Free	OPTIONAL: some workouts require weights/resistance bands/resistance tubes	https://www.youtube.com/user/popsugartvfit/videos	Also has an accompanying site https://www.popsugar.com/fitness/
Grokker	Variety including: cardio, barre, HIIT, meditation, strength training, yoga	Free Trial	OPTIONAL: some workouts require weights or bands	https://grokker.com	Free till April 30
Hoy Pro	Variety including: Cardio, HIIT, strength training, stretching	Free Trial	OPTIONAL: some workouts require weights, others don't	http://hoypro.com	30-day free trial
Everybody Gym Los Angeles	Variety including: dance, aerobic, zumba, spin, boxing, resistance training with free weights or body weight, core, yoga, pilates, meditative movement, breath work, flow movement and stretching	Membership Fee	Optional, weights for some classes	https://www.everybodylosangeles.com/classschedule	Only \$5 per class! It's live via Zoom. Small, amazing gym for every BODY :)
Live Cycle Delight	Virtual training	Membership Fee		https://livecycledelight.zingfit.com/reserve/index.cfm?action=Reserve.chooseClass&site=1	A small, black owned business in Detroit running IG Lives and classes you can register for online. You can buy a virtual class pack to participate.
Speeko	Voice/body warm-ups	Free Trial		www.speeko.co	Warm-ups for your body/breath/voice to help you speak more clearly! Free
Sky Ting Yoga	Yoga	Free	OPTIONAL: Yoga mat	Their website	
Yoga With Adriene	Yoga	Free	OPTIONAL: mat, yoga accessories	This Youtube Channel	
@jacquelafay on IG	Yoga	Free	Yoga mat	https://www.instagram.com/jacquelafay/	CorePower inspired
Cosmic Yoga for kids	yoga	Free	yoga mat	https://www.youtube.com/user/CosmicKidsYoga	Fun for the kids and the whole family
Bulldog Yoga	Yoga	Free Trial	Yoga mat, props occasionally	https://bulldogonline.com/	Classes range from less than 10 min. to longer than 50 min. On-demand classes for pre-/post-natal, runners, and other special audiences. Well-produced.
Madison Laurel Yoga	Yoga	Free	Optional: Yoga Mat	https://madelsonlaurelyoga.com/	She's one gal who accepts donations. Will sometimes have a "happy hour yoga" virtual session which is really fun!
Yoga with Tim Senesi	Yoga	Free	Yoga mat; yoga blocks	https://www.youtube.com/channel/UCcibZl2ydlCvN5tXlW0rUg	Tim is a really chill yoga instructor, and has suggestions for all levels. My favorite online yoga instructor thus far!
Healhaus	Yoga and Meditation	Membership Fee	yoga mat	https://www.healhaus.com/	
ALO Yoga	Yoga, barre, beginners yoga, meditation	Free	OPTIONAL: mat, yoga accessories	This Youtube Channel	
Intent FitHouse	yoga, barre, circuit, strength	Membership Fee	optional equipment that you can have at home!	https://www.intentfitthouse.com/	this is a local studio that opened just at the end of January in Durham, NC, that is offering live-streamed classes at a sliding scale rate of \$5-20! they are offering a wonderful variety of classes that encourages folks to be creative with their movement practice.
Vida Fitness	Yoga, barre, dance, trainer tips	Free		Their Vimeo Channel	
The Class	Yoga, dance	Free		Info on their IG	They also have a membership option for more content
Hot Yoga Capitol Hill	Yoga, HIIT, Strength, Barre, Yoga Sculpt, Hot Yoga	Free		https://hotyogacapitolhill.com	All classes are freely available on their YouTube channel and they are doing classes for free on Zoom and Facebook live. Thank you! :)
Glo	Yoga, Pilates, Meditation	Free Trial	Standard Yoga Equipment - Mat, Blocks, Strap	www.glo.com	https://glo.com/fromourhearts - free offerings across yoga, pilates, meditation \$18/mo full subscription 4,000+ classes with fantastic teachers - highly recommend Stephanie Snyder and Jason Crandell!
Tone It Up	Yoga, weight training, HIIT, cardio, barre, boxing, kettlebell, strength	Free Trial	OPTIONAL: weights	Their website	Free trial then \$15/month
Down Dog	yoga, yoga beginner, HIIT, Barre, 7 minute	Free	OPTIONAL: Yoga mat	Their website	
CorePower Yoga	Yoga, yoga sculpt	Free	OPTIONAL: weights, mat, yoga accessories	Their OnDemand Site	
salt drop	yoga/pilates + plyometrics/cardio	Free	mat	https://www.instagram.com/thesaltdrop/	

Originally published in [Stay Home, Take Care](#) - a social distancing care package