

STREAMING FITNESS SITES



Looking for ways to stay active during social distancing?

Here are just a few sites currently offering free or reduced price streaming services.

- **Beachbody:** Online access to complete fitness programs for any body type and any fitness level
 - Free 14-Day Trial available at beachbodyondemand.com
- **Daily Burn:** Access to a variety of on-demand fitness classes
 - Free 30-Day Trial available at dailyburn.com
- **DanceBody:** Combines dance-inspired cardio and toning set to motivating music
 - Free 7-Day Trial or take 50% off your first month with code DBATHOME at streamteam.dancebody.com
- **Les Mills:** Includes a variety of workouts including strength, cardio, HIIT, dance, flexibility, and more
 - Currently available free content available at watch.lesmillsondemand.com/free-content
- **Nike Run Club:** Audio guided walk and run training through the Nike Run Club app
 - Free in the app store
- **obe:** Unlimited access to daily live and 4,000+ on-demand classes
 - Free 7-Day Trial available at obefitness.com
- **Peloton:** Known for their stationary bike, the Peloton app includes various on-demand classes for running, yoga, outdoor activities and strength training
 - Free 90-Day Trial at onepeloton.com/app
- **Planet Fitness:** Live-streamed classes daily 7pm ET/5pm MT via the Planet Fitness Facebook page with past day's workouts posted for viewing anytime
- **Pure Barre:** Using barre techniques, choose from on-demand workouts of various lengths and abilities
 - Free 7-Day Trial at ondemand.purebarre.com
 - Use code EXTENDEDTRIAL for 30-Day free access
- **Sky Ting:** Yoga and meditation classes on demand
 - Free 7-Day Trial available at skyting.com
- **YMCA 360:** Virtual workouts via the YMCA's YouTube channel
 - Click [here](#) to access the YMCA 360 channel
- **YouTube:** Free exercise videos available from various accounts

These are just a few of the services available. Feel free to share your favorites on our Health & Wellness group of Yammer or in groups you belong to on the [Wellness Portal](#).

IMPORTANT INFORMATION:

- You should consult your physician or other health care professional before starting any other fitness program to determine if it is right for your needs.
- This list of streaming fitness programs is being made available for educational purposes only. None of the shared companies are recommended and any program participated in is at one's own risk.
- If you register for a free account, be sure to cancel the account before the trial ends unless you wish to pay the subscription fee
- If you wish to continue using the service, streaming fitness memberships are included in TIAA's Fitness Reimbursement Program.