

Workouts (all FREE unless noted otherwise)

Yoga

- Modo Yoga - Classes on Instagram Live, suggested Venmo/PayPal donations - Donations Requested
- CorePower On-Demand is for the time being while their studios are closed
<https://www.corepoweryogaondemand.com>
- Lunch time yoga pop-up: Yoga classes: - Donations Requested
<https://authenticaudience.lpages.co/lunchtime-yoga-pop-up/>
- DownDog apps are free the rest of this month - including Down Dog, Yoga for Beginners, HIIT, Barre, and 7 Minute Workout
<https://www.downdogapp.com>
- YogaWorks - Free online yoga!
<https://www.yogaworks.com/classes/online/>
- Yoga with Adriene - free YouTube classes; has 30-day yoga journeys as well
<https://yogawithadriene.com>
- Alo yoga youtube channel
<https://www.youtube.com/channel/UCJEi1foUiGObzzQM3QA2H5A/playlists>
- Five Parks Yoga - free youtube videos
<https://www.youtube.com/channel/UCrtTMWDx4u1dVKMpXNhjwpA>
- Boho beautiful youtube channel (consider supporting them on patreon)
<https://www.youtube.com/user/cexercize/videos>
- Underbelly Yoga with Yessamyn Stanley - great body-positive yoga instructor, lots of modifications available for beginners (14 day free trial) <https://theunderbelly.com>
- <https://www.doyogawithme.com/> Many different styles of yoga at beginner to advanced levels. Lots of free content. <https://www.doyogawithme.com>

HIIT

- 7-minutes workout app - a great HIIT workout <https://apps.apple.com/us/app/7-minute-workout/id650762525>
- HIIT classes from Jeanette Jenkins on PopSugar https://www.youtube.com/watch?v=_Zem0_qsDg0
- Bodweight HIIT workout <https://www.instagram.com/p/B8uHU35jfsA/?ut>
- Fhitting Room On-Demand <https://ondemand.fhittingroom.com/orders/fhitting-room-all-access>
- Orangetheory is posting a free, daily workout here since they are closed until 4/1
<https://www.orangetheory.com/en-us/athome/>
- <https://fitonapp.com/> - I use the iOS app, it is free and has a ton of high quality workouts, stretches, weights / cardio...
- The Bodycoach TV - 20min video fitness - He is also doing some Instagram live
<https://www.youtube.com/user/thebodycoach1>

Pilates

- Solidcore - 15 minute on demand pilates workout
<https://www.youtube.com/watch?v=p8A8zKXeHNo&list=PLD5nA8iaGsU2RwQGKLzqWwXMRtVNtd0AI> ;
20-minute Instagram Live Workouts <https://www.instagram.com/solidcore/>
- Pilates streaming workouts <https://foursideslondon.com/four-sides-at-home/>
- Blogilates free youtube workouts <https://www.youtube.com/user/blogilates>

Running

- Nike Run Club on the Apple Watch - use to track your running pace
- Couch to 5K App for those that want to improve on running
<https://podcasts.apple.com/gb/podcast/nhs-couch-to-5k/id394384987>
- Zombies, Run! app to add some excitement to your run <https://zombiesrungame.com>

Dance

- Wollendance.com - Here's a workout from home option for people who like dance classes (hip hop, zumba, cardio dance, etc.) - You get 14 days free to access the live streaming classes (teacher w/no students from several studios including LaDancefit) and on-demand classes (teacher with students). Past the 14 days you can use manu20 code to get 20% discount.
- Dance Church - <https://go.dancechurch.com/>
- Tiler Peck(NYC Ballet Principal Dancer) is doing live streamed ballet classes M-F 10am PT/1pm ET on Instagram <https://www.instagram.com/tilerpeck/?hl=en>
- <http://steezy.co/> Free dance classes in different styles
- justdancenow.com - Interactive dance game - connect with mobile app and just copy the moves - multi player supported
- <https://www.youtube.com/user/TheFitnessMarshall> - build your own dance cardio workout playlist
- Forward Space - Instagram Live Dance workouts everyday at 2:05pm EST, 4 song dance breaks
https://www.instagram.com/forward_space/?hl=en

Other

- Les Mills Classes (lifting, air-boxing, yoga) - Free for 30 Days - Link to Sign Up Here o Some of their classes are also available for free here (no account needed)
https://www.youtube.com/channel/UChJHUmT_EREEs4WV6jpmnBw
- The Class - 14 day free trial <https://digitalstudio.theclass.com>
- 15 Online Workouts You Can Do At Home, Instead Of At The Gym
<https://www.buzzfeed.com/melissaharrison/best-at-home-workouts>
- Jump rope (if you have a jump rope)
- MadFit - great at home workouts; mostly body weight, but some have equipment
<https://www.youtube.com/channel/UCpQ34afVgk8cRQBjSJ1xuJQ>
- BodyFit by Amy - at home workouts, both body weight and with dumbbells/kettlebells
<https://www.youtube.com/user/BodyFitByAmy/videos?app=des>
- Kelsey Letto - free yoga classes, dance classes, workshops (SF Based)
<https://www.kelseyletto.com/virtual>
- Livestrong - 10 full body workouts, each 35 minutes - no equipment needed
<https://www.livestrong.com/article/1012121-10-workouts-fitter-stronger/>
- 12 MinAthlete - good for those who do not have equipment at home
<https://www.12minuteathlete.com>
- Follow @comptrain.co on Instagram for free daily bodyweight workouts
<https://www.instagram.com/comptrain.co/?hl=en>
- 8-minute abs -older video but it is a GREAT abs work out
<https://www.youtube.com/watch?v=pNqrkGnkUWc>
- 8-minute buns - no equipment needed <https://www.youtube.com/watch?v=dnBhn7YSsnM>
- Brit + Co classes are free for the next two weeks: <https://classes.brit.co/learn/> → you will need to use coupon code SELFCARE at the checkout
- Tone it Up app is free for the next month <https://my.toneitup.com>
- Les Mills free at home workouts <https://watch.lesmillsondemand.com/at-home-workouts>

Virtual Experiences / Activities

- 12 Famous Museums Offer Virtual Tours <https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours>

Live Animal & Pet Webcams

- Explore.org livestreams <https://www.explore.org/livecams>
- Watch theatre from home: https://www.todaytix.com/insider/nyc/posts/how-to-watch-theater-around-the-world-from-your-home?j=190689&sfmc_sub=242215&l=950_HTML&u=3022062&mid=100002260&jb=89

TV Shows/Movies

- Netflix: <https://www.netflixparty.com/>
- Hulu: https://www.hulu.com/welcome?orig_referrer=https%3A%2F%2Fwww.google.com%2F
- Amazon: https://www.primevideo.com/?ref=dvm_pds_gen_IE_lb_s_g|m_28Bo52EXc_c433410681308_s
- Brit box stream all the BBC/British TV shows: <https://www.britbox.com/home>

Educational

- Free online courses offered by the Open University: <https://www.open.edu/openlearn/free-courses/full-catalogue#>
- Learn a language for free: <https://www.duolingo.com/>
- Learn to code for free: <https://www.codecademy.com/>

Mental Health

Meditation

- 30 days free: <https://www.calm.com/gp/a3flxk>
- Head space: <https://www.headspace.com/>
- Stop, Breath, think: <https://my.life/>
- Guided meditation: <https://somuchyoga.com/best-guided-meditation-videos-on-youtube/>
- 35,000 free guided meditations, podcasts, etc (categories: sleep, reiki, anxiety, depression, stress, mindfulness): <https://insighttimer.com/meditation-app>