



FREE Virtual Fitness Resources

No equipment is necessary for the below recommendations. However, if you do wish to purchase or use equipment, we have highlighted a few suggestions below.

- A set of light to moderate dumbbells: a great option for adding more resistance to body weight exercises
- No dumbbells? Try using a filled water bottle or can of soup instead
- A few light to moderate “Xertubes” or resistance bands: a great option for adding more resistance to body weight exercises
- Yoga Mat: great for yoga, comfort during core exercises and more

The below fitness platforms, classes and apps are not MIIA sponsored activities.

Therefore, MIIA will not assume any liability or risk by your participating in any of the programs listed below. Where applicable, you are responsible for canceling any app or program memberships after a free trial period ends, should you not want to hold a membership at a cost. As always, please consult with your doctor before engaging in a new fitness routine.

We would like to point out that some activities you may participate in from this list may be at a higher intensity level than you may experience in onsite MIIA offered programs.

FREE Strength and Cardio

Fitness Blender: 15-60 Minutes

- 600+ free full-length workout videos from strength, cardio and more
- No, or little, equipment necessary workouts; all levels welcome
- <https://www.youtube.com/user/FitnessBlender/videos>

Orangetheory: "At home series" - 30 Minutes

- One workout released daily that you can do with little or no equipment at home
- <https://www.orangetheory.com/en-us/athome/>
- Moderate to high intensity, all levels welcome

YMCA 360: 15-60 Minutes

- Variety of free archived group exercise classes from beginner to advanced
- Bootcamp, Barre, Yoga, Tai Chi, Chair workouts and more
- <https://ymca360.org/on-demand#/>

ACE Fitness: "Keep moving during COVID-19"

- No equipment exercise, family fitness, and more
- <https://www.acefitness.org/education-and-resources/lifestyle/blog/7499/how-to-keep-moving-during-covid-19/>

FREE Yoga

Ompractice (continuous MIIA offering): 20-60 Minutes

- Online LIVE yoga - All levels welcome, FREE to all MIIA town/city employees
- www.ompractice.com/MIIA

Yoga with Adriene: 10-60 minutes

- <https://www.youtube.com/user/yogawithadriene/videos>
- Hundreds of free Yoga and meditation practices including classes that you can do with your kids!
- TIP: New to Yoga? Try starting with Adriene's "Yoga for Beginners" or "Foundations of Yoga" class

Corepower Yoga: 30-75 Minutes

- Weekly Class Archive: Available 24/7
- <https://www.corepoweryogaondemand.com/keep-up-your-practice>
- Weekly LIVE classes: 10am, 3pm and 8pm class options to tune into LIVE with a Corepower Instructor
- https://www.youtube.com/playlist?list=PL4z1_0UdNR70GZE9eGuDY_VIQBE78ebQ8&

Corepower Yoga: 30-75 Minutes (continued)

- Corepower Lingo to refer to when choosing a class:
- C1: Corepower Yoga 1: fundamentals of Vinyasa yoga; beginner friendly
- C2: Corepower Yoga 2: Postures and poses connected to breaths; previous Yoga experience a plus but not essential
- Yoga Sculpt: muscle meets yoga - poses that combine weights and light cardio set to upbeat music; previous Yoga experience a plus

2Sisters Senior Living Advisory: 30 Minutes

- Tuesdays and Thursdays 10-10:30am
- LIVE Virtual Chair Yoga via Facebook group (must have Facebook login to participate)
- <https://www.facebook.com/2SistersSeniorLivingAdvisors/>

Free Trial Programs

By participating in the below, you agree that you are responsible for canceling any app or program memberships after a free trial period ends, should you not want to hold a membership at a cost.

Daily Burn: 30 Minutes

- One, 30-minute, workout released daily and archived to be accessed on your own time (strength, cardio, stretching and more)
- 30-day free trial: \$19.99 per month membership fee after free trial ends
- <https://dailyburn.com>

One Peloton App (no Peloton Bike necessary): 30-75 Minutes

- Workouts released daily with archived and LIVE classes available in the Peloton APP (available in the app store)
- Running, Strength, Yoga, Cycle
- 30-day free trial: \$12.99 per month membership fee after free trial ends
- <https://www.onepeloton.com/app>