



Additional Fitness Resources

Virtual Fitness Platforms, Apps, Videos and More

In addition to the MIIA-sponsored fitness and exercise resources that you can find [on our website here](#), we are also sharing these fitness resources that you may be interested in. Most resource recommendations below do not require the use of fitness equipment. However, if you do wish to purchase or use equipment, we have highlighted a few suggestions.

Suggested Fitness Equipment:

- 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

A few things to note:

- These fitness platforms, classes and apps are not MIIA sponsored activities. Therefore, MIIA will not assume any liability or risk for your participation 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.
- 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. As always, please consult with your doctor before engaging in a new fitness routine.

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
- Moderate to high intensity; all levels welcome
- <https://www.orangetheory.com/en-us/athome/>

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

- 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
- <https://www.youtube.com/user/yogawithadriene/videos>

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 Class Levels:
 - 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

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: \$14.95 “basic burn” per month after free trial; \$19.95 per month after the free trial ends for the “extra content membership”
- <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 to new users only, then \$12.99/month after the free trial ends
- <https://www.onepeloton.com/app>