

Free Online Fitness Classes

Yoga

Yoga with Adreine - If you are looking for a nice yoga program with a calm and balanced instructor, this is a great option. Adriene has over 5 million followers and has classes from beginner to advanced.

If you are a beginner, try her 30 day yoga challenge available of YouTube.

<https://www.youtube.com/watch?v=--jhKVdZOJM>

FlightMaster Yoga – This site has classes for every level so if you have never tried yoga and don't want to start your yoga journey in a big class, this might be just the place to start. Try the 30 day program Hatha Yoga Joy to give yoga a chance to change your body and mind.

<https://www.youtube.com/watch?v=AncrUhNcbk4>

Dance

Les Miles Hip Hop Videos- This is a great way to work out and learn a few dance moves to impress your kids or family! Try this one with your kids for a fun way to get moving without feeling like exercise.

<https://www.youtube.com/watch?v=5ZUyhX8Tuyc>

General Fitness

Fitness Blender - This husband and wife team has compiled a treasure trove of free videos for busy people. You can do a quick 10 minute abs and butt video or a 30 minute cardio workout all from your own home.

www.fitnessblender.com They also have numerous free videos available on YouTube.

Popsugar Fitness – This site has almost every type of fitness imaginable. From 7 minute abdominal workouts to 30 minute high intensity cardio you will find it all here.

<https://www.youtube.com/user/popsugartvfit>

MadFit – This site has numerous 10-20 minute workouts that target different areas of your body. https://www.youtube.com/results?search_query=madfit

Try the beginner ab workout to get started.

<https://www.youtube.com/channel/UCpQ34afVgk8cRQBjSJ1xuJQ>

Pilates

Pilates is a great way to strengthen your core and work on flexibility. Floor or mat Pilates is a great place to start. If you are a beginner, try the beginner classes Pop Pilates.

https://www.youtube.com/watch?v=lCg_gh_fppI&t=152s