

Cardio and Strength Workouts

- **Fitness Blender**: Free cardio, strength and stretch workout videos
- **Tone It Up**: Daily online workouts with a 7-day free trial
- **Beachbody**: Online classes with a 14-day free trial
- **ObéFitness**: Live fitness classes with a 30-day free trial (use code ATHOME)
- **CrossFit**: Free at-home workout videos, including single exercises and drills
- **The Sculpt Society**: Online cardio and sculpting workouts with a 14-day free trial
- **NEOU**: Various live, on-demand workouts with a 30-day free trial.
- **P.volve**: Streamed functional movement workouts with a 30-day free trial (use code ONEPVOLVE)
- **Fhitting Room**: On demand HIIT and strength workouts with a 30-day free trial

Yoga:

- **YogaWorks**: Online yoga classes with a 14-day free trial
- **Down Dog App**: Free yoga, HIIT and barre classes until April 1, 2020
- **SkyTing**: Online yoga classes with a free 7-day trial

Barre:

- **The Bar Method**: Online barre classes with a 14-day free trail, plus some free workouts via Instagram
- **Physique 57**: Online barre classes with a 7-day free trial
- **Barre3**: Online barre classes with a 15-day free trial

Pilates:

- **Blogilates**: Free workout videos, challenges and plans
- **Pilates Anytime**: Access to over 3,000 Pilates classes with 15-day free trial

Source: <https://www.nbcnews.com/better/lifestyle/gym-closed-here-are-some-free-or-discounted-workouts-do-ncna1159931>

Here are free online fitness and yoga videos to help maintain health and wellness while at home.

STRONG by Zumba YouTube

[STRONG by Zumba](#) combines bodyweight, cardio, muscle conditioning and plyometric training synced to music. Several at-home workout options are available on YouTube with no equipment needed.

Options include 7-minute, 20-minute and 30-minute classes.

Planet Fitness live stream

Planet Fitness, one of the country's largest chain gyms, is offering free online classes for the next two weeks, starting March 16.

The daily workout, which will be 20 minutes and will not require any equipment, will be available on [YouTube](#) and [Facebook](#).

CorePower Yoga

This popular yoga studio is offering free access to [a selection of their online classes](#) while they are closed to help stop the spread of COVID-19.

Starting on Thursday, March 19, they will also be hosting live online classes that will be available to members. The series of yoga and meditation classes will be taught by CorePower trainers.

LES MILLS

This workout class creator is offering free classes [on their streaming platform](#), LES MILLS on Demand until the coronavirus outbreak is over.

The site has 95 video classes for Body Combat, Body Pump, Barre, cardio training, mindfulness and more.

Stretch and Grow of the Rockies "Brain Breaks"

[Stretch and Grow of the Rockies](#) is a kids health and wellness enrichment company that teaches children age-appropriate fitness and yoga routines.

Jillian Sterner is the CEO and has started uploading daily “Brain Breaks” on YouTube that include a 10-minute video of yoga poses, breathing techniques, and exercises.

Cosmic Kids YouTube

[Cosmic Kids](#) offers yoga lessons working on balance and strength on YouTube.

Episodes range between 2 minutes and 1 hour.

Fitness Blender

[Fitness Blender](#) offers hundreds of free workout videos ranging in difficulty, length, and body focus.

Down Dog

[Down Dog](#) maintains five fitness and yoga apps that offer yoga practices or at-home workouts: Down Dog, Yoga for Beginners, HIIT, Barre and 7 Minute Workout.

Down Dog is making the apps free until April 1. Students and K-12 teachers have free access until July 1.

YMCA 360: Your Virtual YMCA

[YMCA 360](#) is an "on-demand" healthy living network. The YouTube channel offers several 15-minute workout routines.