

FREE
WORKOUTS
&
MEDITATION

WELLNESS
FOR ALL
LEVELS

NO EQUIPMENT

WORKOUTS TO REDUCE
STRESS, KEEP MOVING
AND STAY BUSY.



YOUTUBE

Orange Theory
Fitness

30 MIN. WORKOUTS DAILY

Yoga with Adrienne

YOGA FOR ALL LEVELS

Cosmic Kids Yoga

YOGA FOR YOUR KIDS OR
SIBLINGS

Shine Dance Fitness

CARDIO DANCE FITNESS

INSTAGRAM

Blink Fitness

8AM WEEKDAYS

Pop Sugar Fitness

WORKOUTS ADDED DAILY.
SCHEDULE ON INSTAGRAM

FACEBOOK LIVE

YMCA NYC

12:00PM WEEKDAYS
VARIOUS WORKOUTS

Jazzercise on
Demand

FREE WORKOUT AT
12:30PM MOST DAYS

Retro Fitness

WEEKDAYS AT 8AM, 1PM,
6PM
SATURDAY AT 6PM
VARIOUS WORKOUTS

Planet Fitness

7PM DAILY
VARIOUS 20 MINUTE
WORKOUTS

ON THE
WEB/APPS

Do Yoga with Me

[LINK TO FREE YOGA](#)

Fitness Blender

[LINK TO FITNESS BLENDER](#)
OVER 400 NO EQUIP.
WORKOUTS

Down Dog Yoga

ALL CONTENT FREE UNTIL
MAY 1, 2020

Roo Life

WELLNESS PROMOTIONS
CLICK ON: FORMS
(MUST BE LOGGED IN)
100+ TIP SHEETS ON
WELLNESS

MEDITATION
APPS

Insight Timer

THOUSANDS OF FREE
SESSIONS FOR ALL LEVELS

Stop, Breathe and
Think

ALL AGES, AVAIL. IN
ENGLISH AND SPANISH

Breeth: Meditation &
Sleep

X OUT OF PAID SCREEN TO
REACH FREE CONTENT

[Headspace.com/NY](https://www.headspace.com/ny)

FREE MEDITATIONS FOR
NY STATE