

# Online Resources for Exercise

Here are some useful online resources available outside of Holy Cross to maintain your daily well-being of exercise

Type of Resource	Name	Description	Link
Website	Yoga Girl	Free online Yoga classes	<a href="#">Link</a>
Website	Super Hero Fitness TV	Hip hop & island dance fitness	<a href="#">Link</a>
Website	Y360: Virtual YMCA	Youtube channel with free classes	<a href="#">Link</a>
Website	Les Mills on Demand	Les Mills classes (free for now)	<a href="#">Link</a>
Website	6 minute Workouts	New York Times 6-minute workouts	<a href="#">Link</a>
Website	Yoga Journal	Online yoga classes (free through May 14th)	<a href="#">Link</a>
Website	Get Healthy U TV	Subscription accessed workouts	<a href="#">Link</a>
Video	Fitness Blender	Free workout videos	<a href="#">Link</a>
Video	Pop Sugar Fitness	Youtube channel with workouts	<a href="#">Link</a>
Video	The Fitness Marshall	Youtube channel with dance fitness	<a href="#">Link</a>
Video	Energy X Fitness Studio	Free online total body workouts	<a href="#">Link</a>
App	Openfit	On-demand workouts, live classes, & nutrition	<a href="#">Link</a>
App	Down Dog	Personalized at-home workouts (Free for students until July 1 <sup>st</sup> )	<a href="#">Link</a>
App	PRx Fit	Free daily workouts	<a href="#">Link</a>
App	ZMovement	Facebook message the app for workout advice	<a href="#">Link</a>
App	Peloton	At-home workouts (free for 90 days)	<a href="#">Link</a>
App	Pure Barre	Facebook page for local barre studio	<a href="#">Link</a>