

At Home Fitness Programs for Every Body

YouTube Workouts

Program	Fitness Level	Link
HASfit	Beginner - Advance	https://www.youtube.com/user/KozakSportsPerform
Fitness Blender	Beginner - Advance	https://www.youtube.com/user/FitnessBlender
SELF	Intermediate - Advance	https://www.youtube.com/channel/UCGiSCVGNukLqv8hwpKCsQKQ
Yoga w/ Adriene	Yoga	https://www.youtube.com/user/yogawithadriene
Jessica Richburg	Yoga	https://www.youtube.com/channel/UCIXZNVQNioXFkc_Z-dfprw

This is not an all inclusive list. You can find a wide variety of FREE programs on YouTube, search for one that you enjoy doing.

Other Low Cost or Free Virtual Fitness Programs

Program	Fitness Level	Cost
Palao Fitness (Zumba)	Beginner – Advance	Free - \$5 *virtual class price
Link: https://palaofitness.square.site/?fbclid=IwAR2Ne4qGJJE6S3pTE0091tVLA6f3DSezDpGlcCwUnuHZQJlxQcyRzKPfaZc		
Zumba with Mindy	Beginner – Advance	Free – Virtual Classes on Mondays
Link: https://www.facebook.com/ZUMBAschrader		
Common Ground 416	Intermediate – Advance	Free – Saturday Virtual Class
Link: http://www.commonground416.com/book		
One Peleton (App)	Intermediate - Advance	One Month Free, then \$16.99 per month
Link: https://www.onepeloton.ca/app		
HASFit (App)	Beginner – Advance	Free or Pay for Premium content <\$8/month (CAD)
Link: https://hasfit.com/app/		

Prenatal Programs

Program	Cost	Link
MamaStrong	\$12/Month	https://mommastrong.com/
HASFit	Free (YouTube Playlist) or \$8/Month on the App for the prenatal videos	https://hasfit.com/app/ https://www.youtube.com/watch?v=x0QZB0fACgI&list=PLRCgg2aTq5NVG7f9mgLuoBNnMd4Y511Rm

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