

# Online Classes

## Yoga with Adreine

Type of class: Yoga

Cost: free

<https://yogawithadriene.com/>

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

## Popsugar Fitness

Type of classes: HIIT, cardio and dance

Cost: Free

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

## Blogilates

Type of classes: Pilates and strength training

Cost: Free

<https://www.youtube.com/user/blogilates/videos>

## Heart and Soul Fitness

Type of classes: Full body, HIIT and strength

Cost: Free

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

## Moms Into Fitness

Type of classes: Running, strength training and more tailored to pregnant and postnatal women

Cost: Free 7 day trial then \$14.99 per month/\$99.00 per year

<https://www.momsintofitness.com/>

## Fitbit Premium

Type of classes: Barre, running, HIIT, running and more

Free trial for 90 days (usually 7 days)

<https://www.fitbit.com/us/products/services/premium>

## Peloton App

Type of classes: Strength, yoga, meditation, bootcamp, toning, running, cycling and more

Cost: \$12.99 per month

<https://www.onepeloton.com/>

## Move With Colour

Type of class: Dance

Cost: Free

<https://www.youtube.com/channel/UCZFdkGO3mZwKG1>

## Daily Burn 365

Type of classes: Cardio, strength, muscle building, HIIT and more

Cost: Free trial for 60 days then \$19.95 per month

<https://dailyburn.com/landing>

## Centr

Type of classes: HIIT, boxing, yoga, strength and more

Cost: Free 6 week trial then 1 month for 29.99 per month/3 months for \$20.00/1 year for \$10.00 per month

<https://centr.com/join-us>

# BETTER TOGETHER<sup>SM</sup>

Group Health Cooperative of South Central Wisconsin (GHC-SCW)  
MK21-43-0(4.21)FL

 **Group Health  
Cooperative**

of South Central Wisconsin

[ghcscw.com](http://ghcscw.com)