*#Social Fitnessing*

NYT article on the basics of staying fit while social distancing

<https://www.nytimes.com/2020/03/20/style/self-care/isolation-exercise-meditation-coronavirus.html>

*Youtube Workouts:*

Orangetheory At Home Workouts: Youtube: New 30 min workout/day

<https://www.youtube.com/watch?v=XEpuW0Qw0bw>

20 min full body workout routines: Music and instructions

<https://www.youtube.com/watch?v=oAPCPjnU1wA>

<https://www.youtube.com/watch?v=CYD7f5b_qj4>

<https://www.youtube.com/watch?v=uyFjMupI5B0>

30 min HIIT routine:

<https://www.youtube.com/watch?v=ml6cT4AZdqI>

Zumba: Youtube

<https://www.youtube.com/watch?v=eWjd8C2SB0Y>

<https://www.youtube.com/watch?v=bm4WZyH5p2I>

<https://www.youtube.com/watch?v=cLJfmPaKb1M&t=105s>

YMCA on demand workouts: <https://ymca360.org/on-demand#/>

*Live Streaming workouts:*

305 Fitness: Live stream workout: at home cardio routine 12 pm and 6 pm daily

<https://www.youtube.com/user/305Fitness/>

Blink Fitness: 8 am live stream workout

<https://www.facebook.com/BlinkFitness/videos/3468172496542817/>

Planet Fitness: 7 pm Home Work-Ins daily

<https://www.facebook.com/PlanetFitnessCanada/?brand_redir=131305029855>

Retro Fitness: 6 pm Home workout

<https://www.facebook.com/RetroFitness/>

Yoga:

Yoga with Adrienne: Most popular Yoga Youtube channel: Dozens of videos

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

Core Power Yoga

<https://www.corepoweryogaondemand.com/keep-up-your-practice?utm_medium=Email&utm_source=ExactTarget&utm_campaign=20200313+LETTER+FROM+HP>