

Ways to stay active during the Coronavirus outbreak

In addition to walking, hiking, or biking while practicing social distancing, here are a variety of streaming vendors that offer fitness and exercise opportunities

- Aaptiv
- Barre3
- Beach Body
- CorePower On Demand
- Crunch Live
- Daily Burn
- Gaia Online
- Glo
- NEOU
- NikeTraining Club
- Peloton App
- Sworkit
- The Sculpt Society
- The Sweat App
- Well Beats
- Xfinity On Demand
- YouTube

The majority of these vendors are available on the internet, a smart phone, or the TV. Many of them also offer a free trial period, just check their websites for more information

This is not a complete list, additional vendors can be found online

