

Fitness and Yoga Classes with Free Online Options

Planet Fitness is live-streaming "Work-Ins" at 7 p.m. ET each day on Facebook. If you can't make it live, the workouts will be available on-demand and in Planet Fitness' YouTube channel. <https://www.youtube.com/planetfitness>

305 Fitness is offering cardio dance live streams twice a day on YouTube. The sessions are held at 12 p.m. and 6 p.m. ET, and are hosted by the founder of the studio, Sadie Kurzban. <https://www.youtube.com/user/305Fitness>

CBS News Other fitness options: <https://www.cbsnews.com/news/coronavirus-free-online-workout-gyms-live-stream-classes-during-outbreak/>

Local NM studio, Blissful Spirits Hot Yoga, is live-streaming free classes on Facebook. <https://www.blissfulspirits.com/>

Yoga with Adriene - YouTube channel:

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

Includes meditations and yoga practices of varying levels and lengths (beginner to advanced; ~5 to 50 minutes)

- Yoga for Insecurity: <https://www.youtube.com/watch?v=5pZO7-RK2cE>
- Yoga for Connection: <https://www.youtube.com/watch?v=n7f8tBtfd7w>
- Meditation for Anxiety: <https://www.youtube.com/watch?v=4pLUleLdwY4>
- Meditation for Mental Balance & Grounding
<https://www.youtube.com/watch?v=x0nZ1ZLephQ>

5 Parks Yoga on YouTube channel:

<https://www.youtube.com/channel/UCr+TMWDx4u1dVKMpXNhjwpA>