

Need to get a workout without a gym? Here are some virtual fitness resources –

[Omaha-area gyms are closing because of the coronavirus. Here's how to get in a home workout](#) OWH Article 3/18/20

Genesis Health Club free virtual workouts - <https://www.genesishealthclubs.com/free-at-home-workouts.html>

YMCA 360 free virtual workouts <https://ymca360.org/>

Planet Fitness Tune into the “no judgment” gym’s [Facebook page](#) every day at 6 p.m. for a live 20-minutes-or-fewer “work in” led by personal trainers, and even special guests. Taking part is free, and you don’t have to be a member. No equipment required. If you can’t make the time, the workout will be available for playback on the Facebook page and the gym’s [YouTube channel](https://www.youtube.com/channel/UCZ0PnRz4jxOLZZ9XvGCiqfA) (<https://www.youtube.com/channel/UCZ0PnRz4jxOLZZ9XvGCiqfA>).

Self YouTube page <https://www.youtube.com/channel/UCGiSCVGNukLqv8hwpKCsqKQ>

Under Sweat With SELF and Ready Set Sweat Challenge

Core Power Yoga The studio has put together a collection of free classes available anytime, on demand [here](#). (<https://www.corepoweryogaondemand.com/keep-up-your-practice>) Classes vary in length.

Daily Burn Offering a free 60 day trial <https://dailyburn.com>

305 Fitness Known for making cardio a raging dance party, 305 Fitness has about 20 free classes [on its YouTube channel](#) while its studios are closed.

Studio Three Three takes a unique approach in combining cycling, yoga and interval training in the same gym. While its locations are closed, the gym is hosting classes on [Instagram Live](#) multiple times during the day, typically in the morning, during the lunch hour and early evening. If you miss a session, the workouts are available for playback on the app.

Spark People is a free resource that has been around for years - <https://www.sparkpeople.com/>
https://www.sparkpeople.com/resource/videos_new.asp

Apps – just a few of the many that are available:

Nike Training Club Designed for full workouts at home or at the gym, with or without equipment, this app offers countless free workouts led by trainers.

FitOn This app is free to download and the workouts, which vary from cardio to weight training to Pilates, are free to access and use at any time. Just sign up, answer questions based on your fitness levels and goals, and you're set.

24Hour Fitness 24 Hour Fitness app 24GO 1,500 free virtual workouts

TRX Suspension Training – <https://www.trxtraining.com/> 3 months free on the TRX app with code: YUPVKHVRW

Commercial Streaming fitness class options:

<https://www.fitnessondemand247.com/mobile/>

www.beachbodyondemand.com

www.lesmillsondemand.com

Recent articles about virtual fitness class opportunities -

https://www.omaha.com/livewellnebraska/fitness/omaha-area-gyms-are-closing-because-of-the-coronavirus-here/article_c5292944-a86c-5157-8cb3-c23c3a4832b4.html

<https://www.thrillist.com/news/nation/virtual-fitness-classes>

<https://www.essence.com/lifestyle/health-wellness/free-virtual-workout-classes/>

<https://www.chicagotribune.com/coronavirus/ct-life-online-home-virtual-workouts-coronavirus-tt-0318-20200320-33lwwhwqavatzl3bz7jit7yozy-story.html>

<https://theknow.denverpost.com/2020/03/27/free-online-workout-classes-coronavirus/235760/>

American Heart Assn. Corona Virus Resources - <https://blog.unmc.edu/ne150-challenge/wp-content/uploads/sites/59/2020/03/AHA-Coronavirus-Healthy-Living-Resources.pdf>