

Dear Students,

With most gyms still being closed and sports and activities at a standstill, we wanted to offer you some resources for exercise depending on your fitness style. It is important, more than ever, to stay healthy during this time. Please take a look at some of the categories below, find something that interests you, and keep moving! Also, you can click this [CDC link](#) if you are interested in keeping up to date with Covid-19. Have a great summer, we hope to see you in August!

Sincerely,

Your Wellness/ Fitness Department

Mrs. Rood, Mr. Kline and Mr. Hastie

**Pilates:**

[Blogilates](#)

**Yoga:**

[Do Yoga With Me](#)

[Yoga With Adrienne](#)

**Dance Cardio:**

[Dance and Sculpting](#)

[Latin Dance Cardio](#)

[Barre Workout](#)

**Kickboxing:**

[Cardio Kickboxing](#)

**HIIT (High Intensity Interval Training Workouts) No equipment needed:**

[GroupHIIT](#)

[PopSugar](#)

[FitnessBlender](#)

**Strength Training:**

[FitnessBlender](#)

[MuscleFitness](#)