

With gyms and fitness centers closed, many are turning to online workouts to get their daily dose of exercise. Here are numerous resources and free trials to check out.

[Peloton app](#): This seems to be a crowd favorite. Some of you have bikes, and others just use the app, which has great strength, yoga, bootcamp, etc. classes (and no bike needed). The app is currently free for new users for 90 days. My favorite instructors are Jess Simms and Alex Toussaint.

[Fitnessbleder.com](#): Lots of free workout classes for every fitness level, and you can sort by duration / intensity / focus area etc.

[Orange Theory](#): This workout approach has a cult-following and is offering free online classes

[New York Times 6 Minute Workout](#) and **[7 Minute Workout](#)**: Great for a really quick workout; you can double or triple-up on them if you have time

[Sculpt Society](#): This is a full-body workout that includes a dance cardio element (which may scare your children); also offering a 14-day free trial

[The Class](#): Another cult-favorite, also offering a free trial

[HIIT Classes from Jeanette Jenkins on PopSugar](#): Intense and free!

[Obe Fitness](#): A collection of online classes that is also offering a free 14-day trial

[Fhitting Room](#): Full-body workout class that is offering a 30-day trial

[GymRa](#): Full-body workout classes that are free

[DownDog apps](#): Free through April, and includes Yoga for Beginners, HIIT, Barre, and 7 Minute Workout

[Yoga Works](#): More than 1,000 yoga classes online; currently offering a 14-day free trial

[The Best YouTube Yoga Channels](#): From Self Magazine and a good compilation of free yoga classes

[Zombies, Run!](#): Running app to add some excitement to your excursions outside

[Nike Run Club](#): Popular app to make your runs go by more quickly

[US Snowboarding Association-approved workout](#): involving a card deck and different workout moves (e.g., mountain climbers, jumping jacks, etc.)