



Resources for staying active in a social distancing world

Updated: March 20, 2020

LC members are kindly sharing links to online fitness, mindfulness and entertainment resources to help staff, students and families stay active and healthy while respecting social distancing measures.

If you would like to add to this list, please email communication@languagescanada.ca.

Caremongers

“Caremongering” groups are popping up on Facebook to help others within their communities, particularly those who are more at risk of health complications related to coronavirus. Here are links to a few of these groups. You can also search Facebook to find groups in your area.

- [Halifax](#)
 - [Montreal](#)
 - [Ottawa](#)
 - [Victoria](#)
 - [Whitby](#)
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Fitness

Cardio and Strength Workouts

[Fitness Blender](#)

Free cardio, strength and stretch workout videos

[Tone It Up](#)

Daily online workouts with a 7-day free trial

[Beachbody](#)

Online classes with a 14-day free trial

[ObéFitness](#)

Live fitness classes with a 30-day free trial (use code ATHOME)

[CrossFit](#)

Free at-home workout videos, including single exercises and drills

[The Sculpt Society](#)

Online cardio and sculpting workouts with a 14-day free trial

[NEOU](#)

Various live, on-demand workouts with a 30-day free trial

[P.volve](#)

Streamed functional movement workouts with a 30-day free trial (use code ONEPVOLVE)

[Fitting Room](#)

On demand HIIT and strength workouts with a 30-day free trial

[Balance Fitness VIRTUAL GYM](#)

[These Fitness Apps Just May Make You Give Up The Gym Permanently](#)

[Stay Active at Home: We're Giving You Hundreds of Workouts For Free on Active by POPSUGAR](#)

Yoga

[YogaWorks](#)

Online yoga classes with a 14-day free trial

[Down Dog App](#)

Free yoga, HIIT and barre classes until April 1, 2020

[Glo](#)

Glo is currently offering a selection of free yoga, meditation and pilates practices

[Yoga with Adriene](#)

Collection of Adriene's yoga videos on her YouTube channel

[Down Dog App](#)

Down Dog has made their apps, Down Dog, Yoga for Beginners, HIIT, Barre and 7 Minute Workout, completely FREE until April 1st, 2020

[CorePower Yoga](#)

To keep up your practice CorePower Yoga has videos they're offering here.

[Beverley Cheng](#)

Beverley is offering free IG Live Workouts for the next 3 weeks on her Instagram

[YYOGA](#)

YYOGA is offering 2 free weeks of YYOGA at Home and they also have live sleep meditations on Instagram.

[SkyTing](#)

Online yoga classes with a free 7-day trial

[Yoga by Candace](#)

Barre / Pilates

[The Bar Method](#)

Online barre classes with a 14-day free trial, plus some free workouts via Instagram

[Physique 57](#)

Online barre classes with a 7-day free trial

[Barre3](#)

Online barre classes with a 15-day free trial

[Blogilates](#)

Free workout videos, challenges and plans

[Pilates Anytime](#)

Access to over 3,000 Pilates classes with 15-day free trial

At-home fitness routines

[Back to basics: Your one-month treadmill workout](#)

[A one-month resistance band workout you can do anywhere](#)

[10 core exercises that are better for your back \(and body\) than crunches](#)

[A 15-minute full body HIIT workout — no equipment required](#)

[2-in-1 exercises that will tone your arms and abs](#)

Meditation

[Meditation with Kristen Stuart](#)

FREE guided mediation for an anxious mind online group class Mar. 20th | 7 - 7:30 PM (MST)

Culture / Entertainment

[Virtual museum tours](#)

List of world-class museums offering virtual tours

[Netflix Party](#)

Netflix Party is a new way to watch Netflix with your friends online.

[The Vancouver Symphony Orchestra livestreams Beethoven's Fourth Piano Concerto and Sixth Symphony "Pastorale"](#)

[The Metropolitan Opera is streaming encore performances from the Live in HD series for free on their website](#)

[The Berlin Philharmonic has provided free access to its fabulous Digital Concert Series with the promo code BERLINPHIL](#)

[Natalie MacMaster and her fiddling family celebrate St. Patrick's Day with this delightful tune](#)

[Tenor Maurizio Marchini serenades quarantined Florence](#)

[Two young cellists play for their self-isolated neighbour](#)

[Ashley MacIsaac is planning a "quarantine ceilidh" for April 1](#)

[Yo-Yo Ma dedicates Bach's Cello Suite No. 3 to healthcare workers](#)

[Music in the time of COVID-19: live performances you can stream from home](#)

Education

[Coursera](#)

Platform offers free online courses for varsities worldwide

[These Education Companies Are Offering Free Subscriptions to Parents During School Closures](#)

[Distance Learning Resources from the Smithsonian](#)

[Online education classes for every age and grade](#)

[5 Free Online Learning Programs for Kids to Do at Home](#)

[43 Free Educational Websites Parents Can Access While Schools Are Closed](#)