

SUPPORT ALL ABILITIES WITH ADAPTIVE WORKOUTS



Yoga



Fit Over 50



Arthritis



Adaptive Workouts



Diabetes



Mindfulness



Nutrition



Seniors



Sleep



Parkinsons

With 17,000+ live and on-demand classes taught by 2,500+ credentialed, local instructors in 50+ wellness categories we provide each member with the programming, support, and motivation they need to thrive.



39%

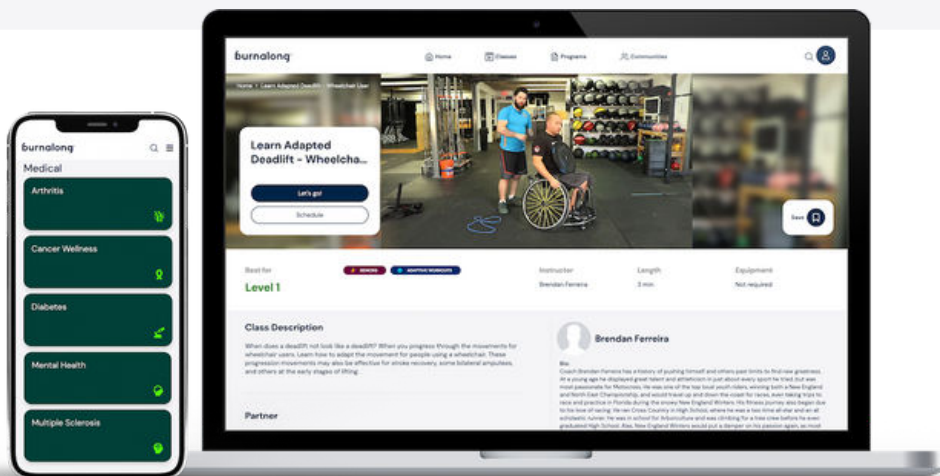
OF OUR USERS TAKE SPECIALTY CLASSES

120+

INSTRUCTORS TEACH ADAPTIVE CLASSES

4

FAMILY ACCOUNTS PER MEMBER TO SHARE WITH FAMILY & FRIENDS



WHAT IS INCLUDED IN ADAPTIVE FITNESS?

Our adaptive fitness category provides seated workouts and low-intensity exercises for people with varying needs and abilities. Classes in this category range from chair yoga and Tai Chi, to mobility exercises and adaptive workouts. Burnalong coaches who teach these classes include licensed physical therapists, rehabilitation specialists, medical fitness specialists, and more.

SUPPORT HOLISTIC HEALTH FOR EVERY MEMBER

39 percent of the all classes taken on Burnalong's platform are in specialty categories including emotional support, chronic condition management, financial wellbeing, cancer wellness, adaptive workouts, and senior fitness.

With hundreds of classes added everyday, your members will find the diversity of content to support their unique goals, local instructors they can connect with, social motivation with live and group classes, and inclusive challenges everyone can compete in, together.