

SUPPORT KIDS' HEALTH AND WELLBEING



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%

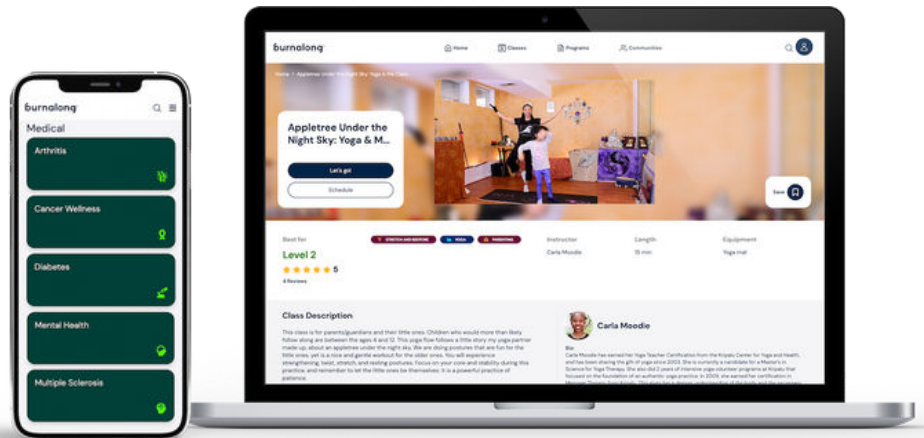
OF OUR USERS TAKE SPECIALTY CLASSES

65+

INSTRUCTORS TEACH KIDS AND YOUTH CLASSES

4

FAMILY ACCOUNTS PER MEMBER TO SHARE WITH FAMILY & FRIENDS



WHAT IS INCLUDED IN KIDS AND YOUTH CLASSES?

Bernalong offers classes in fitness, wellness, and nutrition for children and young adults. Coaches in this category range from personal trainers to nutritionists and certified yoga Instructors who provide a diverse array of classes to keep children engaged and healthy, anytime of the year.

SUPPORT HOLISTIC HEALTH FOR EVERY MEMBER

39 percent of the all classes taken on Bernalong'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.