

SUPPORT PARENTS' HEALTH AND WELLBEING



Yoga



Fit Over 50



Arthritis



Adaptive Workouts



Diabetes



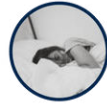
Mindfulness



Nutrition



Seniors



Sleep



Parkinsons

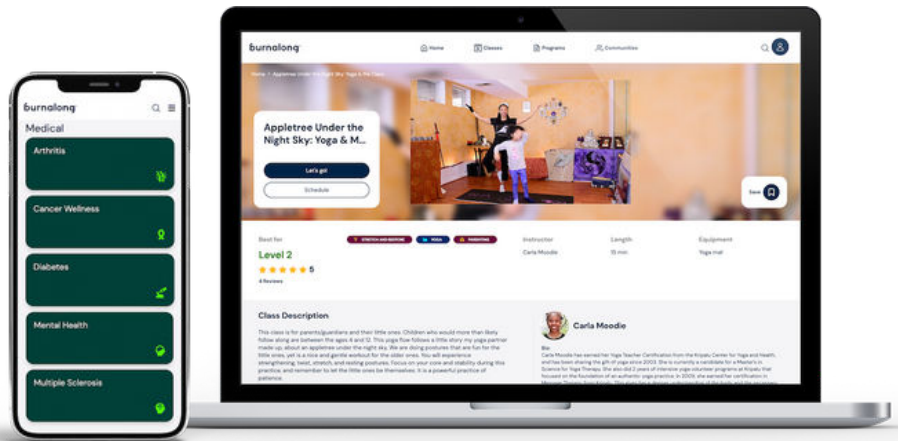
With 17,000+ live and on-demand classes taught by 2,500+ credentialed, local instructors in 50+ wellness categories we provide each member with the programming, support, and motivation they need to thrive.



39%
OF OUR USERS
TAKE SPECIALTY
CLASSES

2,500+
INSTRUCTORS
TEACHING LIVE &
ON-DEMAND
CLASSES

4
FAMILY ACCOUNTS
PER MEMBER
TO SHARE WITH
FAMILY & FRIENDS



WHAT IS INCLUDED IN PARENTING CLASSES?

Explore top classes to enhance the home lives of all your members' families. Instructed by top nutritionists, family psychologists, and certified wellness professionals, parenting classes on Bernalong provide tools and support for every family unit.

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.