

SUPPORT NEW MOTHERS' HEALTH AND WELLBEING



Yoga



Fit Over 50



Arthritis



Adaptive Workouts



Diabetes



Mindfulness



Nutrition



Seniors



Sleep



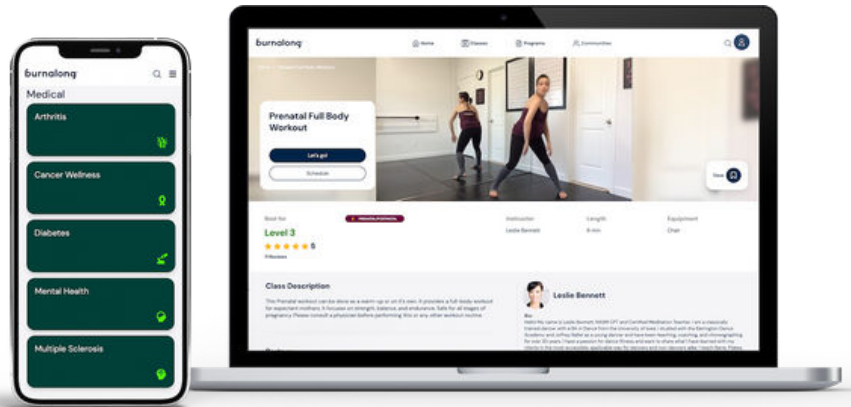
Parkinsons

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.



50+
INSTRUCTORS
TEACH PRE- & POST-
NATAL CLASSES

4
FAMILY ACCOUNTS
PER MEMBER
TO SHARE WITH
FAMILY & FRIENDS



WHAT'S INCLUDED IN PRE- & POST-NATAL CLASSES?

Your members' pregnancy wellness team is on Bernalong with custom content for every week of their term and beyond. New mothers can take educational courses from certified prenatal and post-natal professionals to reduce pain and discomfort. Access low-impact tai chi classes or high-cardio burn classes to get your sweat on.

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.