



REIMAGINE FITNESS AT YOUR ORGANIZATION

Improve Engagement from Every Age, Fitness Level, and Ability with Burnalong Classes

FITNESS & HEALTH FOR EVERYONE

- Remove barriers to fitness with programs for all levels to engage employees often overlooked by traditional fitness models
- Personalized class and category suggestions support individual fitness goals
- Ensure employee participation with dynamic fitness programs featuring curated classes across 45+ wellness categories

RELATABLE & CERTIFIED INSTRUCTORS

- Help employees stick to fitness habits with relatable instructors representing all body types, ages, races, and levels of fitness
- Expert content from 2,000+ nationally certified instructors
- Authentic local and national teachers with individual bios to build personal connections with your employees

DIVERSE & INCLUSIVE FITNESS PLATFORM

- Classes in English and Spanish
- 108 languages available for the platform
- English closed captioning
- Light or dark mode with font size navigator
- ADA compliant

SUPPORT YOUR ENTIRE WORKFORCE

- Fitness class lengths range from 3 minutes to 2 hours to fit any schedule
- Wellness offerings for all ages--from Mommy & Me classes to Fit Over 50 programming
- Adaptive workouts, chronic condition support, and specialty programming to meet every employee need
- Four free family accounts included with every employee membership to support dependents

Support your Employees' Fitness with a Holistic Health and Wellness Offering. Learn How:



60%
of classes taken on
Burnalong are in
fitness categories

