

Health and wellness is more than just fitness.

With 100's of classes added weekly, Burnalong's growing library of more than 50,000 live and on-demand classes spans across 70 categories including: physical, mental, financial, and medical.



Physical health categories

Instructor certifications: ACSM, NASM, ACE, Zumba & More

Cardio	Strength	Travel	Bootcamp
Yoga	Dance	Barre	& More

Medical health categories

Instructor certifications: MD, LDN, CDE, DPT, LMSW, RN, DO, Cancer Exercise Specialist, Naturopathic Doctor, Pharmacists & More

Mental Health	Multiple Sclerosis	Chronic Pain Management	Clinical Nutrition
Parkinsons	Diabetes	Arthritis	& More

Specialty categories

Instructor certifications: Health Coach, Reiki certified, MFT, Licensed Professional Counselor, Business Success Coach, Financial Coach, Accredited Investment Fiduciary & More

Dog Workouts	Stress Management	Self Defense	Learning & Development	Life Coaching	Marriage Repair & Divorce	Hobbies & Skills	Financial Wellbeing
Mindfulness	Sleep	Meditation	Parenting	Seniors	Audio Only	Starters	& More

This is not an all inclusive list of categories and certifications.