



Burnalong at a Glance

burnalong®



BURNALONG

➔ Burnalong Digital

- Access to 50K+ classes, taught by 7.5K+ instructors across 70+ topics and programs geared at chronic conditions
- Burnalong Overview: [watch here](#) (1-minute video)
- Range and Diversity of Classes: [watch here](#) (5-minute video)
- Gamification

➔ Burnalong Gym Network

- Access 10,000+ gyms nationwide – [view gyms](#) near you
- Employees and their sub accounts can upgrade anytime for \$29/mo.
- No set up or cancelation fees
- Unlimited gym visits

➔ Client Stories

- [Hear from Terrill McFarland, Deputy Director of Military Health Programs at Kaiser Permanente](#) (9-minute video)
- [Montgomery County Testimonial](#) (2-minute video)
- [Estes Express Lines Testimonial](#) (2-minute video)
- [Amazon Doggy Days Event](#) (article summarizing unique wellness event we did with Amazon)

➔ Case Examples

- [Montgomery County Government saw short and long term success when they launched across 100's of locations with Burnalong](#)
- [Kaiser Permanente achieved 48% engagement amongst their workforce with inclusive challenges](#)
- [See how LSU Health Shreveport reached 32% employee engagement](#)
- [See how the City of Pittsburgh reached its diverse employees and their families through Covid and beyond](#)

→ Class Examples

We are excited to present you with a diverse selection of classes spanning various topics, showcasing a glimpse of our versatile offerings. Feel free to share with your teams!

1. **MSK**: a core-focused workout from our series with Dr. Tracey Hill (PT, DPT, FAFS, and Master Neuro Coach), designed to alleviate low back pain.
2. **Muffin Blast**: an ab workout, led by popular instructor Monte Sanders (trainer of Ray Lewis & Ed Reed of the Baltimore Ravens); this is a prime example of a more traditional fitness class.
3. **Mental Health Playlist**: a curated playlist similar to Spotify, with tips and tricks to reduce stress and increase relaxation.
4. **Diabetes**: a class from our "Healthy for Life" series, featuring Dr. William Kelly on diabetes and cardiovascular disease prevention.
5. **Sitting All Day Playlist**: a playlist, perfect for remote, work-from-home, and office workers.
6. **Road Warrior**: a class designed for transportation clients or anyone frequently in a car, applicable to all drivers and operators.
7. **Dog Workout**: one of many examples of a class you can do with your four-legged furry friend.
8. **Nutrition Class**: a clinical nutrition class provided by a registered dietician on improving nutrition habits.
9. **Spanish Classes**: offered in a variety of categories for Spanish speakers. Check out this stretching class.
10. **Financial** – This class on eliminating debt, is among approximately 500 in this category alone.