

Online Sources	Descriptions	Links
7 minute workout	Data behind to get the full body 2 day workouts done in 7 minutes. All ages	App
Fitness Blender	No weight options, yoga, pilates, HIIT. Can split into upper, lower, cardio, etc.	<a href="https://www.fitnessblender.com/videos">https://www.fitnessblender.com/videos</a>
HASfit	Short and long options. Free, grouped by style/subject/body parts.	App and <a href="https://www.youtube.com/c/Hasfit">https://www.youtube.com/c/Hasfit</a>
Nate Bower Fitness	Boxing and kickboxing. 30 minute workouts. Has membership options	<a href="https://www.youtube.com/user/NateBowerFitness">https://www.youtube.com/user/NateBowerFitness</a>
LiveStrongWomen	Pilates (15min), HIIT (12 min), Yoga (18 min)	<a href="https://www.youtube.com/user/LivestrongWoman/featured">https://www.youtube.com/user/LivestrongWoman/featured</a>
Yoga with Adriene	By length, beginner, very popular.	<a href="https://yogawithadriene.com">https://yogawithadriene.com</a>
Apple Fitness	Has all the options, membership included	App
NIA	Elderly friendly, has flexibility, lower and upper body exercises. Free and short	<a href="https://www.youtube.com/watch?v=Ev6yE55kYGw&amp;t=694s">https://www.youtube.com/watch?v=Ev6yE55kYGw&amp;t=694s</a>
OrangeTheory at Home	Free, very popular. Short and long options. High paced	<a href="https://www.orangetheory.com/en-us/athome/all-otathome-videos/">https://www.orangetheory.com/en-us/athome/all-otathome-videos/</a>
Freshfield Fitness TaiChi PT	Tai Chi for beginners, elderly, seated options	<a href="https://www.youtube.com/c/FreshfieldFitnessTaiChiPT/playlists">https://www.youtube.com/c/FreshfieldFitnessTaiChiPT/playlists</a>
TaiChi HealthPoducts with Don Fiore	Tai Chi and Qigong for beginners, seniors. Short and long videos	<a href="https://www.youtube.com/c/TaiChiHealthProductswithDonFiore">https://www.youtube.com/c/TaiChiHealthProductswithDonFiore</a>
Move with Nicole	Pilates and Yoga, beginner/more advanced, full body, 30 min +	<a href="https://www.youtube.com/c/MoveWithNicole">https://www.youtube.com/c/MoveWithNicole</a>
Pullman Locations	Descriptions	
Aloft Yoga Therapy	Classes with instructor	
Anytime Fitness	Open gym, 24 hours, has classes	
Planet Fitness	Open gym. 24 hours, has classes for beginners	
Pullman Aquatic Center	Swim, Water Exercise, Warm water fitness, Arthritis Foundation Aquatic Program	
Pullman Crossfit	Crossfit classes, high intensity, kid options as well, open gym options as well.	
Sanctuary Yoga	Yoga and Dance classes.	
V7 Brazilian Jiu Jitsu and Functional Fitness	Functional Fitness classes (1 hour), Yoga, Boxing, MMA, Karate. Kid options	
Summit Therapy	Occupational and Physical Therapy. Parkinson's Disease Programs	
Bishop Place Senior Living	Chair Yoga classes. Physical engagement classes.	
WSU Recreation Center	Options for outside. All sorts of classes and types of physical activity.	
Moscow Locations	Descriptions	
SNAP Fitness	Strength training, free weights, cardio, class options, usage of app	
North Idaho Athletic Club	Spin, pilates, HIIT, Yoga, Step, Strength classes	
Clarity Pilates	Online, in-person options	
Moscow Yoga Center	Multiple level classes, online, zoom classes	
Hamilton Indoor Recreation Center	Sports, and open gym options.	