

Let's get
MOVING
PE @ HOME

 **HIIT**

- Nate Bower Fitness
- POPSUGAR Fitness HIIT
- Moe Jonas
- Group HIIT

 **Dance**

- @tilerpeck IG
- California Dance Theatre Official YouTube
- POPSUGAR Fitness Dance
- @vitaccadancewoodlands IG

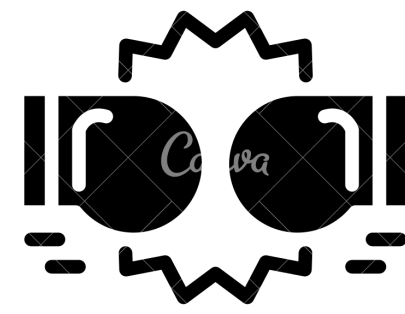
**walk, hike,
—dance around—**

WHAT EVER YOU
CHOOSE...MAKE IT FUN!

yoga

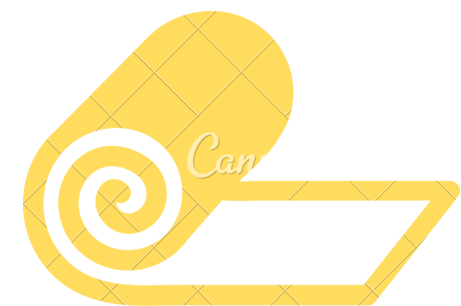


- Cosmic Kids Yoga (silly but fun!)
- Yoga Ed.
- Yoga With Adriene
- POPSUGAR Fitness Yoga
- Corepower Yoga



BOXING

- Nate Bower Fitness
- POPSUGAR Fitness Boxing



Barre/Pilates

- POPSUGAR Fitness
- Lazy Dancer Tips
- @goldbarrenewportbeach
- Barre Fitness

~Alyssa Kaplan