FREE AND VIRTUAL HEALTH AND WELLNESS CLASSES

For questions or more information, email healthed@bates.edu

INCLUSIVE YOGA WITH TARA '17

I believe in the power of movement, breath, presence, and community. I teach a gentle Vinyasa Flow style class through a trauma-informed lens. This means no physical assists, closing eyes is always optional, and all postures and forms are an invitation. Students may always come and go out of the room or choose to do something different with their body than what I instruct. I trust that my students will make the modifications their bodies are asking for.

Click here to access Tara's recordings

B-WELL

B-Well strives to provide encouragement, motivation and education for the Bates community. B-Well offers free fitness classes such as yoga, fitness boot camps, and kinstretch and movement. B-Well strives to promote inclusion to our diverse community, social connection and meaning.

Click here to access the B-Well Schedule

- Yoga
- Bootcamp
- Kinstretch and Movement

PELOTON APP

The Peloton mobile app has classes in:

- Yoga
- Meditation
- Strength
- Cycling
- Running

Click here to access a free 90-day trial!

YMCA

The YMCA is now offering free, on-demand classes and educational videos in:

- Barre
- Yoga
- Bootcamp
- Tai chi
- Weightlifting

Click here to access the YMCA's classes

MOVE WITH COLOUR

Move with Colour is an online dance education platform for people who love to dance! Challenge yourself with a 10 minute Masterclass if you're already a regular class participant, or learn to dance as a beginner.

Click here to access Move with Colour's Youtube Channel

CARDIO/HIIT

- At-home workouts by Mike Seltzer, Strength and Conditioning Coach
  - Click here to access a variety of workouts to do on the turf or at home!
- Barry's Bootcamp is hosting a 20 minute bodyweight workout on Instagram TV everyday at
  - 12 and 3 PM EST
  - Instagram: @barrys
- Nike Training Club App
  - Over 150 free workouts
  - Includes bodyweight-only option