

# WELLNESS

BeWellPhilly

CORONAVIRUS

## Philly Fitness Studios Offering Online Workouts That You Can Stream at Home

Stay in touch with your favorite local studios via their social media and streaming platforms.

by **CAROLINE CUNNINGHAM** • 3/16/2020, 9:00 a.m.

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## **Gorilla Power**

Philly fitness instructor Leroy Mapp is hosting “Power University,” a nine-week workout and nutrition program. You can learn more and enroll [here](#).

## **Sundasport Kettlebell Club**

This Manayunk kettlebell studio has a remote membership called “SundaGO” that’s \$18 per month. You can learn more and register [here](#).

## **Rebel Yoga**

This Chestnut Hill studio is hosting classes via Instagram Live, and they have a Venmo account (listed in their Instagram bio) through which you can donate for any classes you join. Follow them on Instagram [here](#).

## **Palo Santo Yoga Studio**

This yoga studio is offering live-stream classes via Zoom, and you can get the details on their schedule [here](#), along with information on how to donate via Venmo for any classes you take. Follow them on Instagram [here](#).

## **Movement Source Pilates**

This South Philly Pilates studio will be running workouts via IGTV. You can follow them on Instagram [here](#).

## **Amrita Yoga**

Amrita Yoga is using Zoom to share donation-based live-streamed classes, which you can most easily find via the link in their Instagram bio. Follow Amrita on Instagram [here](#).

## **Fit Academy**

This gym — known for boot camp and HIIT-style workouts — is posting daily workouts on their Instagram account. Follow them [here](#).

## **Cycle Brewerytown**

This Brewerytown spin studio is kicking things off with Instagram Live conditioning workouts, with plans to launch more online workouts via an outside streaming platform. You can follow them on Instagram and stay up-to-date with their latest workouts [here](#).

## **Flywheel**

The #FlyFam can still connect with their favorite instructors via this cycling chain’s at-home “Precisions Workouts.” (Nope, you don’t even need a stationary bike!) Flywheel is sharing the workouts on Instagram Stories and Instagram Live. Follow them [here](#).

## **KG Strong**

Get all the brilliance of South Philly training Katie Gould’s strength studio, right from your living room. The studio is selling a \$59 online membership that gets you access to the 55-minute online workouts, equipment lists, and trainers. Learn more [here](#).

## **Philly Dance Fitness**

Members of this dance studio get automatic access to their live-streaming classes, and new members can sign up for access through March 31st for just \$35 (alternatively, buy a day pass for \$12). You can learn more and sign up [here](#).

## **Lauren Leavell**

Personal trainer and barre instructor Lauren Leavell is leading live workouts in a wide range of offerings — from HIIT to barre to stretching. You can sign up for the classes on her website [here](#).

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