
2020 RECORDED FITNESS CLASSES

10-Minute Classes

Stretching

- [Calf stretches](#)
- [Standing stretches](#)
- [Seated stretches](#)
- [Hamstring stretches](#)
- [Ankle mobility](#)
- [Hip stretching and strengthening](#)
- [Knee strengthening](#)
- [Lower back stretches](#)
- [Upper back stretches](#)
- [Forearm stretches](#)
- [Hand & Wrist Stretches](#)
- [Shoulder stretches](#)
 - Equipment: resistance band, tie, towel, or yoga strap.
- [Neck stretches](#)

15-Minute Classes

Yoga

- [Halloween Flow with Kat](#)
- [Desk Stretching with Kat](#)
- [Yoga flow with Kat](#) (Chair)
- [Yoga flow with Kat](#) (Chair)
- [Yoga flow with Kat](#) (Chair)
- [Yoga flow with Kat](#) (Chair)
- [Yoga flow with Kat](#) (Chair)
- [Yoga flow with Kat](#) (Standing and Balance – No mat needed)
- [Yoga flow with Kat](#) (Standing)
- [Yoga flow with Kat](#) (Standing)

- [Yoga flow with Kat](#) (Balance poses)
- [Yoga flow with Kat](#) (Shoulders)
- [Yoga flow with Kat](#) (Shoulders)
- [Yoga flow with Kat](#) (Abs)
- [Yoga flow with Kat](#) (Hips)
- [Yoga Flow with Kat](#) (Lower back)
- [Yoga flow with Kat](#)
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Strength Workouts

Equipment Needed

- [Strength Workout with Britt](#)
 - Equipment: two weights
- [Upper Body Workout with Britt](#)
 - Equipment: Desk or table
- [Strength and Dynamic Stretching with Britt](#)
 - Equipment: Desk or table and chair

- [Work from Home Workout with Britt](#)
 - Equipment: Chair or couch, couch cushion/pillow, 2 weights, towel/tie/belt
- [Strength Workout with Britt](#)
 - Equipment: Desk/table OR mat/towel
- [Strength Workout with Britt](#)
 - Equipment: Desk or table
- [Strength Workout with Morgan](#)
 - Equipment: Mat
- [Strength Workout with Britt \(Core and Balance\)](#)
 - Equipment: One weight
- [Strength Workout with Britt](#)
 - Equipment: One weight, desk/table
- [Strength Workout with Morgan](#)
 - Equipment: Chair or desk
- [Strength workout with Morgan](#)
 - Equipment: Chair or desk
- [Strength workout with Morgan](#)
 - Equipment: Small weight/ream of paper/book
- [Strength workout with Morgan](#)
 - Equipment: table, desk, or chair
- [Strength workout with Morgan](#)
 - Equipment: Chair with wheels and desk
- [Lower body workout with Morgan](#)
 - Equipment: Mat or towel
- [Strength workout with Britt](#)
 - Equipment: Mat/towel, sliders/paper plates/sheets of paper, optional weight
- [Strength workout with Morgan](#)
 - Equipment: Two dumbbells (or objects), chair, mat/towel
- [Strength workout with Morgan](#)
 - Equipment: Dumbbells and mat
- [Strength workout with Morgan](#)
 - Equipment: Mat/towel
- [Strength workout with Morgan](#)
 - Equipment: Weights/dumbbells, mat
- [Strength workout with Morgan](#)
 - Equipment: Pair of dumbbells and wall
- [Strength workout with Britt \(glutes/lower body\)](#)
 - Optional equipment: Mat, resistance band
- [Strength workout with Morgan](#)
 - Equipment: Bench or chair, mat
- [Strength workout with Morgan \(Legs\)](#)
 - Equipment: Mat or towel
- [Strength workout with Morgan](#)

- Equipment: piece of paper or paper plate (on carpet) or dish towel/small towel if on hard surface
- [Strength workout with Morgan](#)
 - Equipment: one heavy weight
- [Cardio workout with Morgan](#)
 - Equipment: mat
- [Strength workout with Morgan](#)
 - Equipment: two weights/weighted objects
- [Strength workout with Morgan](#)
 - Equipment: two light weights or pillows
- [Strength workout with Morgan](#)
 - Equipment: Chair/bench/couch
- [Strength workout with Morgan](#)
 - Equipment: One weight and chair
- [Bodyweight workout with Morgan](#)
 - Equipment: mat or towel

No Equipment Needed

- [Lower Body Workout with Britt](#)
- [Wall Sit Workout with Britt](#)
- [Seated Workout with Britt](#)
- [Strength Workout with Britt](#) (Standing)
- [Strength Workout with Morgan](#)
- [Strength and stretching workout with Morgan](#)
- [Strength workout with Morgan](#)
- [Strength workout with Morgan](#)
- [Strength workout with Morgan \(Cardio and Core\)](#)
- [Strength workout with Morgan](#)
- [Bodyweight workout with Morgan](#)

30-Minute Classes

Equipment Needed

- [HIIT with Britt \(Core\)](#)
 - Equipment: mat
- [HIIT with Britt \(Back and chest\)](#)
 - Equipment: Two weights, mat or towel, 2 paper plates/sheets of paper
- [HIIT with Britt \(Squats, back, and core\)](#)

- Equipment: mat or towel
- [HIIT with Britt \(glutes and core\)](#)
 - Equipment: Mat or towel
- [HIIT with Britt \(core and upper body\)](#)
 - Equipment: Mat or towel and two weights
- [HIIT with Britt](#)
 - Equipment: two weights, mat or towel
- [HIIT with Britt](#)
 - Equipment: two weights
- [HIIT with Britt \(planks\)](#)
 - Equipment: two weights and mat
- [HIIT with Britt](#)
 - Equipment: two weights and a mat
- [HIIT with Britt](#)
 - Equipment: two weights
- [HIIT with Britt](#)
 - Equipment: two weights and a mat
- [HIIT with Britt](#)
 - Equipment: two light weights
- [HIIT with Britt](#)
 - Equipment: two weights
- [HIIT with Britt](#)
 - Equipment: two weights, mat or towel, 2 paper plates/sheets of paper/sliders
- [HIIT with Britt](#)
 - Equipment: towel or mat, chair/bench
- [HIIT with Britt](#)
 - Equipment: two weights

No Equipment Needed

- [HIIT with Britt \(core\)](#)
- [HIIT with Britt](#)
- [HIIT with Britt \(glutes and dynamic stretches\)](#)
- [HIIT with Britt](#)
- [HIIT with Britt](#)
- [HIIT with Britt](#)
- [HIIT with Britt](#)

45-Minute Classes

- [Sunrise Yoga with Kat](#) (Neck, Shoulders, Upper back)
- [Sunrise Yoga with Kat](#) (Crown chakra)

- [Sunrise Yoga with Kat](#) (Brow chakra)
- [Sunrise Yoga with Kat](#) (Throat chakra)
- [Sunrise Yoga with Kat](#) (Heart chakra)
- [Sunrise Yoga with Kat](#) (Solar plexus chakra)
- [Sunrise Yoga with Kat](#) (Sacral chakra)
- [Sunrise Yoga with Kat](#) (Root chakra)
- [Sunrise Yoga with Leah](#)
- [Sunrise Yoga with Kat](#) (Glutes)
- [Sunrise Yoga with Kat](#) (Backbends)
- [Sunrise Yoga with Kat](#) (Splits)
- [Sunrise Yoga with Kat](#)
- [Sunrise Yoga with Kat](#) (Hamstrings)
- [Sunrise Yoga with Kat](#) (Power)
- [Sunrise Yoga with Kat](#)
- [Sunrise Yoga with Kat](#)
- [Sunrise Yoga with Kat](#) (Hips)
- [Sunrise Yoga with Kat](#) (Hips & Shoulders)
- [Sunrise Yoga with Kat](#) (Hips & Lower back)
- [Sunrise Yoga with Kat](#)
- [Sunrise Yoga with Leah](#)
- [Sunrise Yoga with Kat](#)
- [Sunrise Yoga with Kat](#) (Hamstrings & Balance poses)
- [Sunrise Yoga with Kat](#) (Hips)
- [Sunrise Yoga with Kat](#) (Balance poses)
- [Sunrise Yoga with Kat](#) (Balance poses)
- [Sunrise Yoga with Kat](#) (Shoulders & Hips)
- [Sunrise Yoga with Kat](#)
- [Sunrise Yoga with Kat](#)