



University Recreation Fitness Resources

While the Ben Kelly Center for Human Performance facility is not operational at this time, we encourage our Ram Fam to stay healthy and active. Below, you will find resources to help you maintain your fitness by helping you workout from home. University Recreation will continue to provide resources and content to this page along with our social media outlets, @asurec.

American College of Sports Medicine (Staying Physically Active During the COVID-19 Pandemic):

<https://www.acsm.org/read-research/newsroom/news-releases/news-detail/2020/03/16/staying-physically-active-during-covid-19-pandemic>

Matrix Fitness (Discover Exercises That Move You)

<https://matrixlearningcenter.com/us/exercise-library/>

Les Mills (Free Collection)

<https://watch.lesmillsondemand.com/free-content>

Crossfit (At Home: Workouts)

<https://www.crossfit.com/at-home/workouts>

Fitness Blender

<https://www.fitnessblender.com/videos>

Popsugar Fitness

<https://www.youtube.com/channel/UCBINFWq52ShSgUFEoynfSwg>

YMCA 360: Your Virtual YMCA

https://www.youtube.com/channel/UCOGt_IpceP_xQhhCMCrut_A?app=desktop

Core Power Yoga on Demand

<https://www.corepoweryogaondemand.com/keep-up-your-practice>

Yoga with Adriene

<https://www.youtube.com/channel/UCFKE7WVJfvaHW5q283SxchA>

Sarah Beth Yoga (Modern Day Yoga and Lifestyle)

<https://www.youtube.com/user/SarahBethShow>