



Marlboro Township

Department of Recreation

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As daily routines continue to change, stay active from the comfort of home

Health & Wellness Virtual links

Fit For Life – 40 Day Challenge – Begin with meditation and breath work in the morning, exercise techniques, nutrition topics. 3 videos per day: [Tom Phillips](#), public you tube channel.

HIT Training – Posting daily workouts on [HIT facebook](#) page and Instagram@ hittrainingnj)

OVOX– Staff of trainers and instructors have been live streaming **Free** classes on Instagram account OVOX Morganville@OVOX.Tone@OVOX.Tough so everyone can workout at home. Classes run at 7am, 10am & 5pm M-Sun. Live streams are available for 24 hours following the class. To stay connected check out [OVOX Facebook](#) page. Let's keep moving while we are home!

THE MAX Challenge of Marlboro has been changing lives in the community since 2013. We are happy to continue to help and support our community through these unsettling times. Staying positive and active both physically and mentally is important for all us, now more than ever. [Sign up](#) to receive **3 Free** online classes. They have decided to transition their in-center classes to virtual classes that can be accessed remotely.

Orangetheory Fitness Marlboro Free- classes virtually on [Facebook](#).

Soul Power Yoga- offering Free meditation, weekly kids yoga classes @ [soulpoweryoga.com](#).

Gold's AMP - Free Digital Personal Trainer Promo Code: FIT60, **Free** access till May 31, 2020
[Goldsamp.com/promo](#) .

YMCA 360 - On-Demand [classes](#) now available. **Free** no membership needed.

Planet Fitness Tune into the “no judgment” gym’s [Facebook page](#) every day at 6 p.m. for a live 20-minutes-or-fewer “work in” led by personal trainers, and even special guests. Taking part is **free**, and you don’t have to be a member. No equipment required. If you can’t make the time, the workout will be available for playback on the Facebook page and the gym’s YouTube channel.

Core Power Yoga - The studio has put together a collection of **free** classes available anytime, on demand [here](#). Classes vary in length.

305 Fitness- Known for making cardio a raging dance party, [305 Fitness](#) has about 20 **free** classes while its studios are closed.

Peloton -Free 90 days when you sign up for **free** trial on all [Peloton classes](#) – no Peloton product needed

Jessica Smith TV – Fitness that Fits your Life – **Free** [You Tube videos](#)

GymRa – Over 50 free [workout programs](#), 1000’s of on-the-go exercises & a customization tool to create your own workout – for all fitness.