

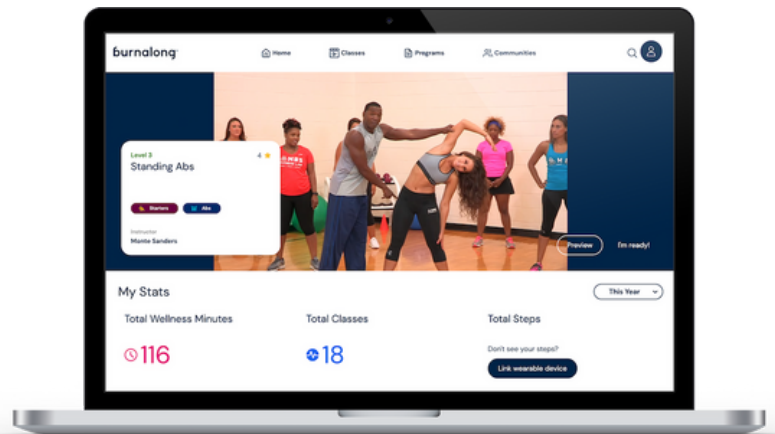
Burnalong Fitness Application

AVAILABLE IN YOUR WELLNESS CENTER

Every employee has up to 4 free family accounts.

BURNALONG offers flexible, on-demand health and wellness video classes

- 14,000+ live and on-demand classes
- 2,000+ nationally certified instructors representing all body types, ages, races, and levels of fitness
- 3 minutes to 2 hours duration to fit any schedule
- Classes in English & Spanish (108 languages available)
- ADA compliant



THE BURNALONG SOLUTION

1 Personalization

Class and category suggestions that support individual fitness goals (powered through an AI tool). Scheduling and access that eliminate barriers to physical activity

2 Social connection

Including motivation from friends, family, and co-workers you invite to join in live private group classes.

50+ CATEGORIES

Spanning physical, mental, and financial wellness



Yoga



Fit Over 50



Arthritis



Adaptive Workouts



Diabetes



Mindfulness



Nutrition



Seniors



Sleep



Parkinsons