



Dear Resident,

We would like to take this opportunity to welcome you to UCD Residences. Please find some helpful information and supports below that may be of interest to you.

Workouts (all FREE unless noted otherwise)

Yoga

- Modo Yoga - Classes on Instagram Live, suggested Venmo/PayPal donations - Donations Requested
- CorePower On-Demand is for the time being while their studios are closed
<https://www.corepoweryogaondemand.com>
- Lunch time yoga pop-up: Yoga classes: - Donations Requested
<https://authenticaudience.lpages.co/lunchtime-yoga-pop-up/>
- DownDog apps are free the rest of this month - including Down Dog, Yoga for Beginners, HIIT, Barre, and 7 Minute Workout
<https://www.downdogapp.com>
- YogaWorks - Free online yoga!
<https://www.yogaworks.com/classes/online/>
- Yoga with Adriene - free YouTube classes; has 30-day yoga journeys as well
<https://yogawithadriene.com>
- Alo yoga youtube channel
<https://www.youtube.com/channel/UCJEi1foUiGOBzzQM3QA2H5A/playlists>
- Five Parks Yoga - free youtube videos
<https://www.youtube.com/channel/UCrtTMWDx4u1dVKMpXNhjwpA>
- Boho beautiful youtube channel (consider supporting them on patreon)
<https://www.youtube.com/user/cexercize/videos>
- Underbelly Yoga with Yessamyn Stanley - great body-positive yoga instructor, lots of modifications available for beginners (14 day free trial) <https://theunderbelly.com>
- <https://www.doyogawithme.com/> Many different styles of yoga at beginner to advanced levels. Lots of free content. <https://www.doyogawithme.com>

HIIT

- 7-minutes workout app - a great HIIT workout <https://apps.apple.com/us/app/7-minute-workout/id650762525>
- HIIT classes from Jeanette Jenkins on PopSugar
<https://www.youtube.com/watch?v= Zem0 qsDg0>
- Bodweight HIIT workout <https://www.instagram.com/p/B8uHU35jfsA/?ut>
- Fhitting Room On-Demand <https://ondemand.fhittingroom.com/orders/fhitting-room-all-access>
- Orangetheory is posting a free, daily workout here since they are closed until 4/1
<https://www.orangetheory.com/en-us/athome/>



- <https://fitonapp.com/> - I use the iOS app, it is free and has a ton of high quality workouts, stretches, weights / cardio...
- The Bodycoach TV - 20min video fitness - He is also doing some Instagram live <https://www.youtube.com/user/thebodycoach1>

Pilates

- Solidcore - 15 minute on demand pilates workout <https://www.youtube.com/watch?v=p8A8zKXeHNo&list=PLD5nA8iaGsU2RwQGKLZqWwXMRtVNtd0AI> ; 20-minute Instagram Live Workouts <https://www.instagram.com/solidcore/>
- Pilates streaming workouts <https://foursideslondon.com/four-sides-at-home/>
- Blogilates free youtube workouts <https://www.youtube.com/user/blogilates>

Running

- Nike Run Club on the Apple Watch - use to track your running pace
- Couch to 5K App for those that want to improve on running <https://podcasts.apple.com/gb/podcast/nhs-couch-to-5k/id394384987>
- Zombies, Run! app to add some excitement to your run <https://zombiesrungame.com>



Dance

- Wollendance.com - Here's a workout from home option for people who like dance classes (hip hop, zumba, cardio dance, etc.) - You get 14 days free to access the live streaming classes (teacher w/no students from several studios including LaDancefit) and on-demand classes (teacher with students). Past the 14 days you can use manu20 code to get 20% discount.
- Dance Church - <https://go.dancechurch.com/>
- Tiler Peck(NYC Ballet Principal Dancer) is doing live streamed ballet classes M-F 10am PT/1pm ET on Instagram <https://www.instagram.com/tilerpeck/?hl=en>
- <http://steezy.co/> Free dance classes in different styles
- justdancenow.com - Interactive dance game - connect with mobile app and just copy the moves - multi player supported
- <https://www.youtube.com/user/TheFitnessMarshall> - build your own dance cardio workout playlist
- Forward Space - Instagram Live Dance workouts everyday at 2:05pm EST, 4 song dance breaks https://www.instagram.com/forward_space/?hl=en

Other

- Les Mills Classes (lifting, air-boxing, yoga) - Free for 30 Days - Some of their classes are also available for free below (no account needed)
https://www.youtube.com/channel/UChJHUmT_EREEs4WV6ipmnBw
- The Class - 14 day free trial <https://digitalstudio.theclass.com>
- 15 Online Workouts You Can Do At Home, Instead Of At The Gym
<https://www.buzzfeed.com/melissaharrison/best-at-home-workouts>
- Jump rope (if you have a jump rope)
- MadFit - great at home workouts; mostly body weight, but some have equipment
<https://www.youtube.com/channel/UCpQ34afVgk8cRQBjSJ1xuJQ>
- BodyFit by Amy - at home workouts, both body weight and with dumbbells/kettlebells
<https://www.youtube.com/user/BodyFitByAmy/videos?app=des>
- Kelsey Letto - free yoga classes, dance classes, workshops (SF Based)
<https://www.kelseylettko.com/virtual>
- Livestrong - 10 full body workouts, each 35 minutes - no equipment needed
<https://www.livestrong.com/article/1012121-10-workouts-fitter-stronger/>
- 12 MinAthlete - good for those who do not have equipment at home
<https://www.12minuteathlete.com>
- Follow @comptrain.co on Instagram for free daily bodyweight workouts
<https://www.instagram.com/comptrain.co/?hl=en>
- 8-minute abs -older video but it is a GREAT abs work out
<https://www.youtube.com/watch?v=pNqrkGnkUWc>
- 8-minute buns - no equipment needed <https://www.youtube.com/watch?v=dnBhn7YSsnM>



- Brit + Co classes are free for the next two weeks: <https://classes.brit.co/learn/> → you will need to use coupon code SELFCARE at the checkout
- Tone it Up app is free for the next month <https://my.toneitup.com>
- Les Mills free at home workouts <https://watch.lesmillsondemand.com/at-home-workouts>

Virtual Experiences / Activities

- 12 Famous Museums Offer Virtual Tours
<https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours>

Live Animal & Pet Webcams

- Explore.org livestreams <https://www.explore.org/livecams>
- Watch theatre from home:
https://www.todaytix.com/insider/nyc/posts/how-to-watch-theater-around-the-world-from-your-home?j=190689&sfmc_sub=242215&l=950_HTML&u=3022062&mid=100002260&jb=89

TV Shows/Movies / Podcasts

- Netflix: <https://www.netflixparty.com/>
- Hulu: https://www.hulu.com/welcome?orig_referrer=https%3A%2F%2Fwww.google.com%2F
- Amazon:
https://www.primevideo.com/?ref=dvm_pds_gen_IE_lb_s_g|m_28Bo52EXc_c433410681308_s
- Brit box stream all the BBC/British TV shows: <https://www.britbox.com/home>

Educational

- Free online courses offered by the Open University: <https://www.open.edu/openlearn/free-courses/full-catalogue#>
- Learn a language for free: <https://www.duolingo.com/>
- Learn to code for free: <https://www.codecademy.com/>

Mindfulness Supports

Meditation:

- 30 days free: <https://www.calm.com/gp/a3flxk>
- Head space: <https://www.headspace.com/>
- Stop, Breath, think: <https://my.life/>
- Guided meditation: <https://somuchyoga.com/best-guided-meditation-videos-on-youtube/>
- 35,000 free guided meditations, podcasts, etc (categories: sleep, reiki, anxiety, depression, stress, mindfulness): <https://insighttimer.com/meditation-app>

Irish Culture

- MoLI – Museum of Literature Ireland: <https://moli.ie/>
- Irish History Podcast: <https://irishhistorypodcast.ie/#>
- Other Voices (Irish Music): <https://www.othervoices.ie/content/latest>
- RTE Culture Podcast: <https://www.rte.ie/eile/podcasts/>
- UCD Folklore: <https://www.ucd.ie/folklore/en/>