



COMMIT TO FIT!

# Virtual Fitness Guide

## Commit to Fit!



Visit [commit2fit.com](https://commit2fit.com) to track all of your physical activity and keep track of your fitness goal!

## University of Michigan - Flint



Click [HERE](#) for daily workouts!

## Crim Fitness Foundation



Visit [crim.org](https://crim.org) for a variety of yoga and mindfulness practices!

## Ascension Genesys Athletic Club



Click [HERE](#) for intense & moderate workout videos!

## YMCA - 360



Visit [ymca360.org](https://ymca360.org) for fitness classes of all ages!

## Arthritis Foundation



Click [HERE](#) for arthritis exercises!

