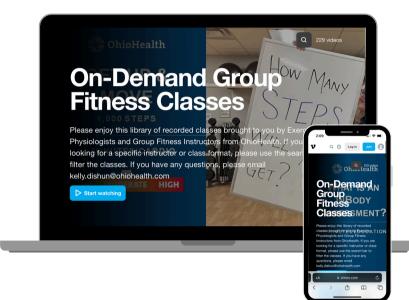
ON-DEMAND GROUP FITNESS BROUGHT TO YOU BY OHIOHEALTH



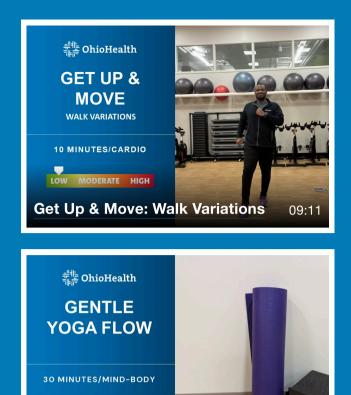
Enjoy the library of recorded classes brought to you by Exercise Physiologists and Group Fitness Instructors from OhioHealth.

Participate anytime by using the password.



use password Active.





Gentle Yoga Flow 33:25

LOW MODERATE HIGH

Dumbbell Strength



49:20

