

Local Fitness Centers with online options

<https://www.tallahassee.com/story/life/wellness/2020/03/30/gym-rats-can-refocus-home-squats-walks/2937145001/>

Premier Health & Fitness - online classes offered.

Fuel Pro Fitness

KAOS Group Training

Body Mechanix Physiotherapy and Fitness: Open by appointment for local residents. Those wishing a free in person or online Physical Therapy consultation can request one at TallahasseePT.com.

CORE Aspiration Pilates Studio: Offering online mat classes, yoga-lates, and Pilates barre classes. Visit www.coreaspirations.com.

Fit & Functional: 1836 Thomasville Road, fitfunctional.com; Transitioning to virtual sessions: real-time training sessions with your trainer, who will coach through your workout. For private training clients, one-on-one time through Zoom or FaceTime. Semi-Private and Small Group Training clients: sessions through Zoom. Continue to sign up through our app or our online schedule. Before your scheduled workout time you will receive a Zoom meeting link through email.

Refinery Barre Fitness Studio: 894 Thomasville Road, 850-999-8182, www.refinerybarre.com; Daily live, short Instagram videos at 7 a.m. and noon. These are a combination of small segments of our different class types. Online library of videos: 45- to 60-minute classes of Barre, Rebox, Barrebata, and Stretch and Flex. Also, many segments of 10-15 minute classes that focus on a specific muscle gr

Rising Om Yoga: Online yoga via Zoom. See a list of classes offered at risingomyoga.com.

Segway Tours: 1500 S. Monroe St., 850-385-6376, tallahasseeegwaytours.com. TCall to book your tour.ours of Cascades Park, Smokey Hollow, FSU, Gaines Street, capital district and more. Riders stay at least 10 feet apart; segways are radio equipped so guests can hear tour guide.

Timberlane Arts and Dance Academy (TADA): 850-893-8754, ta-dallc.com

- Dance for ages 2 through adult: Dance instructors have recorded recital dances and class activities for students to do at home. Next week we will be offering real time virtual lessons via Zoom.
- Music for ages 4 through adult. Some music instructors offer lessons via FaceTime, Skype or Facebook messenger. Others have students record practice sessions and offer feedback via email or phone call.
- We also offer fun activities like coloring pages, chalk challenges and hair braiding lessons for students to do at home.