



# Free virtual fitness classes

Get fit from the comfort of home with free online fitness classes from CDPHP.

You do NOT have to be a CDPHP® member to take advantage of this free community resource.

Workouts include aerobic exercises, strength training, boxing, yoga, and more.

To see what classes are available, visit [www.cdphp.com/classes](http://www.cdphp.com/classes) and click on the **Start Watching** box.

