UCL Yoga classes:

* Yoga with Michelle <https://www.eventbrite.co.uk/e/yoga-with-michelle-tickets-102977420236?aff=eemailordconf&utm_campaign=order_confirm&utm_medium=email&ref=eemailordconf&utm_source=eventbrite&utm_term=viewevent>
* UCL Staff Yoga with Hannah Legg <https://www.eventbrite.co.uk/e/ucl-staff-yoga-online-tickets-100946774520?aff=eemailordconf&utm_campaign=order_confirm&utm_medium=email&ref=eemailordconf&utm_source=eventbrite&utm_term=viewevent>

YouTube

* Simply searching “Yoga/Pilates/Beginners workout for \*target body part/full body\*”
* Pilates (not exhaustive):
  + Blogilates!
  + Moving Mango
  + LisaBe
  + Pilates Live (website too <https://pilateslive.co.uk/easy-pilates-classes/>)
* Yoga (not exhaustive):
  + Yoga with Adriene
  + PsycheTruth
* PE with Joe Wicks
* FitnessBlender
* Cosmic Kids Yoga
* Chloe Ting

Subscription services online:

* Instructor live (NHS recommended, all types of workouts), £9 per month <https://app.instructorlive.com/courses>
* Glo (yoga, meditation, Pilates), $18 per month <https://www.glo.com/>
* Pilates anytime, £14 per month <https://www.pilatesanytime.com/>
* Yoga anytime, £14 per month <https://www.yogaanytime.com/>

Mobile Apps:

* Strava
* Peleton
* FitOn
* Kommot
* Couch25K
* CycleStreet (and Cycle Streets Map Package)
* Google Maps (or your preferred maps)
* CityMapper for central London!

Websites

<https://www.thisgirlcan.co.uk/activities/home-exercise/>

<https://www.thisgirlcan.co.uk/activities/disney-workouts/>