

Fitness Apps

Down Dog

Yoga/HIIT/Barre

Cost: 1st week free; \$7.99/month or \$49.99/year

Exerprise

Generates unique workouts that you can control

Cost: Free

Fiton

At home workouts and classes with celebrity trainers

Cost: Free

Freeletics

Bodyweight workouts and personal training

Cost: Free; \$2.30/week for training version

Nike Run Club App

Audio guided runs and global run challenges

Cost: Free

Nike Training Club App

At-home workout videos and instructor led classes

Cost: Free



Touro University Nevada