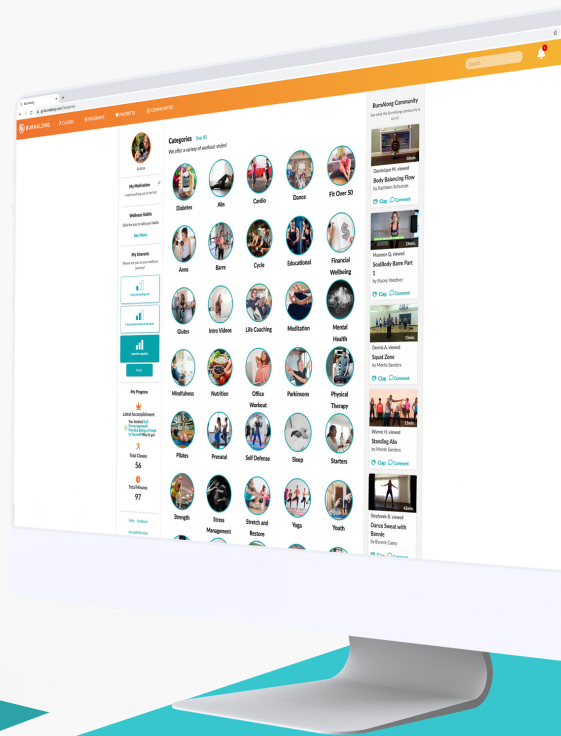
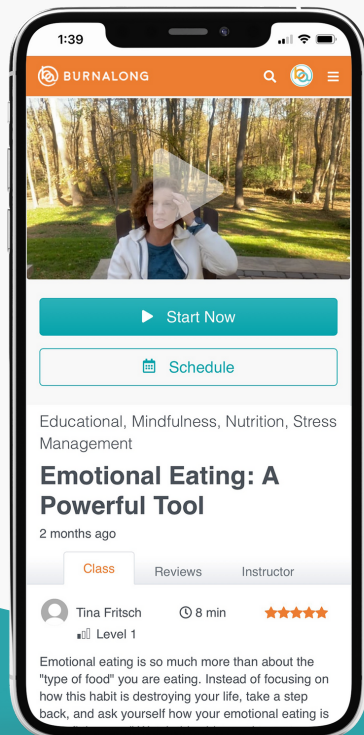




# WELCOME TO THE BURNALONG FAMILY



WHOLE MIND, WHOLE BODY, WHOLE LIFE

## WELCOME TO BURNALONG

BurnAlong features 1000's of online classes for all ages, interests, and levels plus the social motivation they need to achieve their health and wellness goals. Classes are from 100's of local instructors across 45+ wellness categories.



Register your **FREE** account  
[join.burnalong.com/JHU](https://join.burnalong.com/JHU)



**45+ CATEGORIES!**

Spanning Physical, Mental,  
and Financial Wellness

## THE BURNALONG SOLUTION

1

### CHOICE AND DIVERSITY

Thousands of live and on-demand classes and wellness programs, mirroring the diversity of the population.

2

### SOCIAL CONNECTION

Real live motivation from friends and family members you invite to join in live private group classes.

3

### PERSONALIZATION

Machine learning for guidance. Access anytime, anywhere - via phones, tablets, computers, and smart TVs.



FIT OVER 50



SENIORS



ARTHRITIS



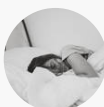
DIABETES



PARKINSONS



NUTRITION



SLEEP



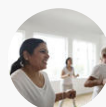
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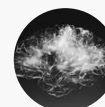
MINDFULNESS



YOGA



STARTERS



MENTAL HEALTH