

THRIVE TOGETHER

WELCOME TO BURNALONG



ABOUT BURNALONG

Burnalong features 1000s of online classes for all ages, interests, and levels plus the social motivation needed to achieve health and wellness goals. Classes are from 1000s of local, credentialed instructors across 45+ wellness categories.

THE BURNALONG SOLUTION

- 1 Choice and diversity**
Thousands of live & on-demand classes plus wellness programs, mirroring the diversity of your population.
- 2 Social connection**
Get motivation from friends and family members you invite to join in live private group classes.
- 3 Personalization**
Receive AI-powered guidance plus access anytime, anywhere - via phones, tablets, computers, & smart TVs.

Register here for your JHU account:

<https://join.burnalong.com/JHU>

45+ CATEGORIES

Spanning physical, mental, and financial wellness



Yoga



Fit Over 50



Arthritis



Adaptive Workouts



Diabetes



Mindfulness



Nutrition



Seniors



Sleep



Parkinsons