



FREE At Home Fitness Videos

Workout at Home with Your Favorite MIA Fitness Instructors!

Do you want to burn calories, gain strength, increase flexibility, improve balance or reduce stress? Our NEW fitness or exercise videos are a fun and challenging way to do some or all of the above from the convenience of your own home, on your own time.

Choose from a variety of workouts and instructors including:

- Pilates
- Men's Fitness
- Beginner Boot Camp
- Barre and Tone
- Yoga for Backs
- Intermediate Boot Camp
- Quick Abs
- and so much more!

Our workouts are geared for all fitness levels, vary in length from 10 - 35 minutes and most require no equipment other than a mat!

So grab your water, a mat and [click](#) to get started!