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# BURNALONG

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## Program Overview

Burnalong is an online fitness and wellness platform that offers over 13,000 classes, across more than 45 wellness categories, ranging from cardio to mindfulness to nutrition to financial wellness. These classes are for people of all ages, interests, and fitness levels.

- Example of classes include Fit over 50, boosting your metabolism, kickboxing, Zumba, yoga, meditation, as well as condition specific classes for people with diabetes, arthritis and more!
- Each employee can invite up to four additional friends or family members to join the platform for free. They can work out on their own or in a virtual private class with you.
- Class times range from 1 minute to 120 minutes in length, allowing you to fit a class in whenever you have time.
- Classes are available on-demand via phones, tablets, computers, and smart TVs, so you can take a class wherever you are.

## Eligibility

Benefits eligible BMC employees (Regular, 20+ hrs/week)

## How to get started

Register at <https://join.burnalong.com/BMC>.

## Questions

If you need assistance, please email [CustomerCare@burnalong.com](mailto:CustomerCare@burnalong.com).

## Let us know what you think!

If you would like to provide feedback on your experience with this program, please email the BMC Benefits Team at [benefits@bmc.org](mailto:benefits@bmc.org).