

Fitness Trend: Online Workout Classes



By [Haley Lerner](#)

We know the dilemma: you seriously need to hit the gym, but you have absolutely no time to make it there. Nowadays, who doesn't have a totally busy schedule? Plus, who has the money to pay for an expensive gym membership that you might never use? Luckily, we have the perfect solution for you. Online workout classes are the hottest new [fitness trend](#) that are totally convenient and will give you the [celebrity body](#) you've been dreaming of. We've got the perfect online workout classes that will get your body sweating.

Join in on the hottest new fitness trend with some of these online workout classes!

1. Ballet Beautiful: Looking for some dance-inspired workout routines? Look no further than Ballet Beautiful, a website created by professional ballerina and celebrity trainer Mary Helen Bowers (who also trained Natalie Portman for her role in *Black Swan*). The website offers live, interactive online classes along with pre-recorded videos. All of the workouts are ballet inspired and help build your muscles and improve your posture. You can buy a monthly subscription to the workout videos or pay individually for a class.

2. Blogilates: Casey Ho hosts Blogilates, an online Pilates class full of fun music and challenging workouts. Ho also shares diet and nutrition tips, so Blogilates can be the perfect health and fitness class all-in-one!

Related Link: [Celebrity Fitness Secrets: Ways to Work-In An Early Morning Workout](#)

3. Tone It Up: This online fitness site is free and comes loaded with health and fitness resources for you. Subscribe to the site for weekly workout schedules, daily workouts, motivational messages, health advice, workout tips, and recipes. You can also download the Tone It Up app on your phone.

4. Booya: This is a streaming service that offers you an unlimited supply of 30-minute fitness classes, including yoga, bodyweight training, kickboxing, boot camp-style classes and any other of the latest workout trends. Plus, only costs \$10 a month.

Related Link: [Fitness Tips: How to Stretch In the Morning](#)

5. Peloton: This online workout also involves purchasing a pricy physical fitness bike, so it is an investment, but it definitely can be worth it. Peloton is an indoor cycling bike that includes a screen attached to it to stream daily live classes to your home. Plus, you can also access pre-recorded classes at all hours of the day.

Know any more awesome online workout classes? Comment below!