



HELP YOUR COMMUNITY MOVE WELL FOREVER ONLINE

There's never been a better time to provide your community with access to smart, functional streaming video workouts and live online programming—to keep them moving, feeling and doing their best from wherever they live.

EMPOWER YOUR COMMUNITY TO AGE WELL IN PLACE WITH BODY HARMONICS ON DEMAND & LIVE ONLINE

Provide your residents and team with 24/7 access to age-appropriate and effective streaming video workouts taught by Margot McKinnon, M.Ed., and her exceptional team of instructors.

- Hundreds of science-based Pilates & Movement video workouts
- Experienced, motivating, certified instructors
- “Age Well” videos for strength, mobility, fall-prevention and mental wellbeing
- Restorative to advanced seated, standing and recumbent workouts
- Affordable wellness benefit
- User-friendly technology and ongoing support
- Group discounts and Enterprise solutions available
- Public performance licenses for large groups
- Easy subscription set-up for multiple users

[Ask us](#) about our On Demand and Live Online programming solutions for older adults!

“ Thank you so much for your online classes. I subscribe to a year-long membership and it feels soooo good to be practicing every day and feeling great!

—Kathy, Body Harmonics On Demand subscriber