

Welcome to Burn Along where people globally are achieving their health wellness and fitness goals with a diverse range of content, inclusive tools and local instructors, we get five times more employee engagement than traditional wellness solutions, from cardio to yoga, sleep to mindfulness, chronic conditions to mental health, adaptive workouts, babies and kids to seniors, there is something for everyone. Plus with ai powered recommendations, optional social support and the ability to take live classes with family and friends. Burn along meets you wherever you are and your wellness journey so everyone can find a wellness class, perfect for their abilities, needs and goals jumping. Now to start your personal wellness journey.