CARNEGIE MELLON FITNESS

STAYING ACTIVE WHILE WORKING FROM HOME

Beginners Guide to <u>Library of Live</u>

<u>Exercise</u>

Group X-ercise Classes

CMU Group X On Demand

<u>Frugal Fitness</u>

Running/Walking/Biking

<u>Fitting Fitness In</u>

Fitness Assessments

Trails Near Campus

The No Excuses
Workout

VISIT CMU RECREATION FOR MORE RESOURCES

