

MMHG Wellness



ON-DEMAND FITNESS CLASSES

Whether you are a fitness buff, new to exercise, or anywhere in between, having easy to access instructor-led workouts is a great way to help you prioritize your health. Now you'll be able to work out your way... whenever and wherever you want with Wellable **On-Demand Fitness Classes**!

This robust library provides **FREE** and unlimited access to on-demand classes led by top fitness trainers from across the globe. Select from workouts that fit your schedule, personal preferences, and fitness goals—*available anytime, anywhere!*

NEW! Classes in Mindfulness & Meditation and Monthly Recipes and Meal Planning Resources

With Wellable On-Demand Fitness Classes you'll get **FREE access to 100+ professionally filmed classes with top fitness trainers from across the globe.**

- The Wellable On-Demand Fitness Classes library is **FREE** and available to all employees/retirees/dependents 18+ of Mayflower Municipal Health Group member units.
- Easy to access through any screen with internet access (laptop, tablet, PC, smartphone, smart TV etc.)
- Filter and choose classes based on specialty, areas of focus, lifestyle, length, and more. There is something for everyone and enough of it to keep things fresh!
- Categories Include: Barre, Boxing/Kickboxing, Cardio, HIIT, Pilates, Prenatal/Postnatal, Strength, Tabata, Yoga, Additional Equipment (Booty Band, BOSU, Dumbbells, Gliders, Jump Rope, Kettlebell, Mat, Step), Body Weight, Core, Lower Body, Upper Body, Low Impact, Warm Up, Cool Down, Mobility and more. **NEW! Classes in Mindfulness & Meditation & Monthly Recipes and Meal Planning Resources**

How to Get Started

➤ Create a MMHG/Wellable Account at: <https://app.wellable.co/mmhg>. Once you've successfully registered you'll receive an email with instructions on logging into your MMHG/Wellable account. Once logged in click on the **ON DEMAND** link.

➤ **Or** if you already have a MMHG/Wellable Account, [log in](#), click on the **ON DEMAND** link.

Tip: Once you have a MMHG/Wellable account, download the Wellable App (IOS, Google Play)

Questions? Contact Wellness@mmhg.org or call 774-773-9306

New content is continuously being added. Once you've accessed the On Demand platform click on "New Classes" to see the latest additions to the on-demand fitness library.

IMPORTANT: Always check with your health care provider before beginning any new exercise program.