BurnAlong offers thousands of classes spanning 45+ health and wellness categories from 100s of Instructors!

COMPLIMENTARY BENEFIT FOR ELIGIBLE FACULTY, STAFF & THEIR FAMILIES!

Reserve Your Spot today! or visit fit.burnalong.com/RebelWell

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Scroll down and view "The New Burnalong Experience" video. Then click on "First Time User" to create an account using your olemiss.edu email address.

Enjoy classes on the website or download the latest iOS and Android mobile apps for unlimited access on-demand on your mobile devices.
Welcome to BurnAlong

BurnAlong features 1000's of online classes for all ages, interests, and levels plus the social motivation they need to achieve their health and wellness goals. Classes are from 100's of local instructors across 45+ wellness categories.

Choice and Diversity

Thousands of live and on-demand classes and wellness programs, mirroring the diversity of the population.

Social Connection

Real live motivation from friends and family members you invite to join in live private group classes.

Personalization

Machine learning for guidance. Access anytime, anywhere - via phones, tablets, computers, and smart TVs.

45+ Categories!

Spanning Physical, Mental, and Financial Wellness

FIT OVER 50  SENIORS  ARTHRITIS  DIABETES  PARKINSONS  NUTRITION  SLEEP  MEDITATION  MINDFULNESS  YOGA  STARTERS  MENTAL HEALTH

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