

COVID-19
VIRTUAL MUSEUMS, EXHIBITIONS, PERFORMANCES, CLASSES
ONLINE STREAMING

revised 04/23/2020

HEALTH & FITNESS

ARTS & CRAFTS

VIRTUAL TOURS, EXHIBITIONS, PERFORMANCES & MORE

LIVESTREAM MUSIC & THEATRE EVENTS

LIVE ANIMAL CAMS

MISCELLANEOUS

HEALTH & FITNESS

Go Local!: Anytime Fitness

Anytime Fitness has been busy posting workouts on an almost daily basis

<https://www.facebook.com/AnytimeFitnessSalemCT>

Family Resources: Skyhawks & SuperTots Sports Academy

At-home activities, virtual lessons, and Skyhawks videos

<https://www.skyhawks.com/page/company/family-resources/>

YMCA 360: Free Health & Fitness Videos

Yoga, Kid's Activities, Bootcamp, Barre, Active Older Adults, Weightlifting, Tai Chi, Youth Soccer, Y Boxing, Youth Sports Performance

<https://ymca360.org/>

Online Workouts

Barre / Pilates / Sculpting, Boot Camp / HIIT / Cardio, Dance Cardio / Aerobics, Cycling / Rowing / Running, Yoga / Stretching, A Bit of Everything

<https://www.wellandgood.com/online-workouts-2020/>

Free & Low Cost Fitness Classes

Yoga, Strength, Pilates, Cardio, Yoga for Seniors, Barre, and more

<http://www.personaleuphoria.com>

Daily 30-minute Workout Routines

<https://www.orangetheory.com/en-us/athome/all-otathome-videos/>

Twice-Daily At-home Workouts: Barry's Bootcamp

<https://www.instagram.com/barrys/channel/>

Boxing Studio: Rumble

Daily morning Instagram Live videos featuring cardio and body weight workouts

<https://www.instagram.com/p/B92fcZfHPHJ/>

Dance-Cardio Party: 305 Fitness

Cardio Dance livestreams twice a day at noon and 6:00 p.m.

<https://305fitness.com/videos/cardio>

At Home Workout: Bandier

Instagram Live workouts everyday at 4:00 p.m.

<https://www.instagram.com/bandier/?hl=en>

Yoga: CorePower Yoga

YouTube Livestreaming Yoga Classes at 10:00 a.m., 3:00 p.m. and 8:00 p.m.

https://www.youtube.com/playlist?list=PL4z1_0UdNR70GZE9eGuDY_VIQBE78ebQ8&

Lululemon

Instagram Live yoga, do-anywhere workouts, medication, and self-care tips

<https://www.instagram.com/p/B90HZbIJN2o/>

Yoga: Y7 Yoga

Instagram Live Yoga sessions

<https://www.instagram.com/p/B97luJFAoEy/>

Home Work-Ins: Planet Fitness

Facebook Live daily fitness classes for everyone, 7:00 p.m.

<https://www.facebook.com/planetfitness/>

And if you can't view it live: <https://www.youtube.com/planetfitness>

Life Time

Stream cardio, strength and yoga classes

<https://my.lifetime.life/lp/video-workouts.html?icmp=od-video§ion=healthy>

Get Up and Blink!: Blink Fitness

Facebook Live streams of workout videos, weekdays, 8:00 a.m.

<https://www.facebook.com/BlinkFitness/videos/3468172496542817/>

Row House Go

Facebook Live & recorded streams of rowing machine workouts

<https://www.facebook.com/rowhousego/>

FITNESS APPS

On-Demand Workouts & Premium Content: 24-Hour Fitness

Crunch Live: Crunch Fitness

Gold's Gym: <https://goldsamp.com/promo/>. Enter Promo Code: FIT60. Free to End of May.

ARTS & CRAFTS

JOANN Fabric & Craft

Videos of Kid & family-friendly ideas and grown-up crafts

<https://www.youtube.com/user/Joanndotcom>

Make-to-Give: JOANN Stores

In an effort to help fight the severe shortage of personal protective equipment, JOANN has launched a Make-to-Give Facemask Program. Instructions and free facemask kits available for pick up at your nearest open store.

<https://www.joann.com/make-to-give-response/>

Creativebug

Crochet, knit, draw, sew, embroider, and more with a free two-month trial period

<https://www.creativebug.com/>

Drawing Classes: Illustrator Carson Ellis

<https://www.carsonellis.com/blog>

Stop Motion Kids Camp: Designer Trisha Zemp

<https://stopmotion.school/p/stop-motion-kids-camp>

Daily Drawing Classes: Illustrator Wendy MacNaughton

Instagram Live, weekdays, 1:00 p.m.

<https://www.instagram.com/p/B9zl3unJyA3/>

Draw Everyday with JJK: Children's Book Illustrator Jarrett Krosoczka

YouTube Live, weekdays, 2:00 p.m.

<https://www.youtube.com/studiojjk>

Drawing with Toddlers: Children's Book Author and Illustrator E.B. Goodale Instagram Live, Tuesdays & Thursdays, 11:30 a.m.

<https://www.instagram.com/ebgoodale/>

Art Projects & STEAM Experiments: Lyman Allyn Art Museum

<https://www.lymanallyn.org/programs/art-activities-for-kids/>

Printable Cards: Rifle Paper Co.

Download printable cards that you could color for loved ones

<https://riflepaperco.com/printables>

Fun Things to do with Baking Soda: Arm & Hammer

<https://www.armandhammer.com/for-everything-soda>

FREE Fabric for Face Coverings: Ocean State Job Lot

Offering free fabric to make your own face covering. Instructions available on their website

<https://www.oceanstatejoblot.com/COVID-19-mask-fabric-for-free>

VIRTUAL TOURS, EXHIBITIONS, PERFORMANCES & MORE

Social Distancing Festival

Celebrates art from all over the world, showcasing nearly every discipline of art – visual arts, dance, opera, classical music, theater, music, film and different aspects of spoken word.

<https://www.socialdistancingfestival.com/>

Google Arts & Culture

Complete list of virtual tours of museums from all around the world

<https://artsandculture.google.com/> <https://artsandculture.google.com/partner>

The Louvre, France

<https://www.louvre.fr/en/visites-en-ligne#tabs>

National Gallery of Art, Washington, D.C.

<https://www.nga.gov/>

National Museum of Natural History, Washington, D.C.

<https://naturalhistory.si.edu/visit/virtual-tour>

The Vatican, Italy

<http://www.museivaticani.va/content/museivaticani/en/collezioni/musei/tour-virtuali-elenco.html>

Solomon R. Guggenheim Museum, New York – Online collection

<https://www.guggenheim.org/collection-online>

Thyssen-Bornemisza Museo Nacional, Spain

<https://www.museothyssen.org/en/thyssenmultimedia>

National Women's History Museum, Virginia

<https://www.womenshistory.org/womens-history/online-exhibits>

NASA Langley Research Center, Virginia

<https://oh.larc.nasa.gov/oh/>

Glenn Research Center, Ohio

<https://www.nasa.gov/glennvirtualtours>

National Museum of the United States Air Force, Ohio

<https://www.nationalmuseum.af.mil/Visit/Virtual-Tour/>

Museum of Contemporary Art, Los Angeles

<https://www.youtube.com/user/MOCATV>

Bottega Residency: Bottega Venetta

Hosting life events, from dance performances to cooking classes led by world famous chefs. Sunday nights are reserved for “movie nights in” and are hosted by major figures in the film industry Available via Bottega’s Instagram, YouTube, Weibo, Line, Kakao, and Spotify channels as well as through its mini-site on the Bottega platform.

https://www.bottegabeneta.com/us/residency_section

In Praise of Painting: Dutch Masterpieces at The Met: Metropolitan Museum of Art

Shut down due to the Coronavirus pandemic, the museum has placed the audio tour online

<https://www.metmuseum.org/exhibitions/listings/2018/in-praise-of-painting-dutch-masterpieces>

Los Angeles Latino International Film Festival

The festival will be held virtually from May 5 to 31. Films from last year’s festival may be viewed online until May 4.

<https://latinofilm.org/>

Hastings Contemporary, England

The art gallery is offering virtual Robot Tours

<https://www.hastingscontemporary.org/>

Visual Arts Experiences: Discover Jersey Arts

A compilation of virtual experiences from New Jersey artists and art groups

<https://jerseyartsevents.com/>

Nai-Ni Chen Dance Company

Dancers around the world are invited to join the Company each weekday at noon for a one-hour free online Company Class via Zoom

<https://nainichen.org/company-class/>

Take a Virtual Visit to a National Park

Includes virtual tours and live webcams

<https://www.nationalparks.gov/connect/blog/take-virtual-visit-national-park>

LIVESTREAM MUSIC & THEATRE EVENTS

Livestream Jazz Events

Listing of jazz events available for streaming

https://world.jazznearyou.com/calendar.php?is_livestream=1#3

Livestream Virtual Concerts

<https://www.npr.org/2020/03/17/816504058/a-list-of-live-virtual-concerts-to-watch-during-the-coronavirus-shutdown>

Livestream Classical Concerts (Audio and Visual)

Livestream concerts or listen to and/or view archived concerts

<https://www.classicalmpr.org/story/2020/03/16/free-online-classical-concerts>

Livestreams & Virtual Concerts

Listing of shows and musical events available for streaming

<https://www.billboard.com/articles/columns/pop/9335531/coronavirus-quarantine-music-events-online-streams>

Vimeo Livestream

Schedule of upcoming livestreaming various arts & entertainment events

<https://livestream.com/watch/browse/music/upcoming>

Livestream from London's National Theatre

Watch Twelfth Night on Thursday, April 23, 2:00 p.m. EST (7:00 p.m. UK time)

<https://www.nationaltheatre.org.uk/nt-at-home>

Stream Plays from Cincinnati's Theatrical Playground

<https://www.knowtheatre.com/>

NPR Music: Virtual Concerts

A compilation of live audio and video streams around the world

https://www.npr.org/2020/03/17/816504058/a-list-of-live-virtual-concerts-to-watch-during-the-coronavirus-shutdown?utm_medium=social&utm_source=twitter.com&utm_campaign=npr&utm_term=nprnews

LIVE ANIMAL CAMS

San Diego Zoo

Live cams of Apes, Baboons, Condors, Elephants, Giraffes, Koalas, Owls, Pandas, Penguins, Polar Bears, and Tigers

<https://kids.sandiegozoo.org/videos>

Georgia Aquarium

Live Jellyfish, African Penguin, Beluga Whale, California Sea Lion, Piranha, Underwater Puffin, Gator, Southern Sea Otter Cams

<https://www.georgiaaquarium.org/webcam/beluga-whale-webcam/>

Monterey Bay Aquarium

Live Aviary, Coral Reef, Jelly, Kelp, Monterey Bay, Moon Jelly, Open Sea, Penguin, Sea Otter, Shark Cams

<https://www.montereybayaquarium.org/animals/live-cams>

Zoo Atlanta

Live Panda Cam

<https://zooatlanta.org/panda-cam/>

Houston Zoo

Live Giraffe, Gorilla Habitat, Elephant Yard, Leafcutter Ant, Rhino Yard, Chimp Window Cams

<https://www.houstonzoo.org/explore/webcams/>

National Aquarium

Atlantic Coral Reef, Shark Alley, Dolphins, Jellies, Lurking, Pacific Coral Reef, Amazon River, Tropical Rain Forest

<https://aqua.org/media/virtualtours/baltimore/index.html>

MISCELLANEOUS

Teachable

For a limited time, Teachable is offering free classes from business to web design to programming

<https://discover.teachable.com/courses/free-courses>

Create the Future Design Contest

A global forum to share your ideas for new products and technologies and compete for a top prize of \$20,000. No cost to participate.

[https:// www.createthefuturecontest.com](https://www.createthefuturecontest.com)

Virtual Train Rides: Travel + Leisure

A list of 13 virtual train rides from around the world that you could experience

https://www.travelandleisure.com/trip-ideas/bus-train/virtual-train-rides?utm_source=pocket-newtab