

| Level | Cardio | Notes | Level | Stretching | Notes |
|-------------|---|-------|-------------|--|-------|
| Easy | Basic Latin Dance 1 - 11 min | | Easy | Chair Pilates - 9 min | |
| Easy | Basic Latin Dance 2 - 10 min | | Easy | Chair Blend - 14 min | |
| Easy | Basic Aerobics I - 12 min | | Easy | Chair Yoga - 12 min | |
| Easy | Basic Aerobics III - 16 min | | Easy | Face & Neck Yoga - 8 min | |
| Easy | Basic Aerobics II - 16 min | | Easy | Foam Rollaxing -18 min | |
| Medium | 21 Tone Up - 23 min | | Easy | Kellys Standing Ab Workout - 10 min | |
| Medium | Red Rush - 34 min | | Easy | Neck Routine 2 - 11 min. | |
| Medium | Basic Step Aerobics - 18 min | | Easy | Restorative Poses II - 6 min | |
| Medium | Basic Step Aerobics 2 - 31 min | | Easy | Restorative Poses III - 20 min | |
| Medium | 28 Tone Up - 29 min | | Easy | Standing Chair Yoga - 12 min | |
| Medium | Tabata Cardio - 37 min | | Easy | Standing Chair Yoga II - 10 min. | |
| Medium | Blue Belt - 17 min | | Easy | Yoga With Feet Together - 12 min | |
| Medium | Turquoise Tabata - 28 min | | Easy | Blissful Block Moves - 31 min | |
| Medium | Basic Aerobics IV - 20 min | | Easy | Red Reaching - 15 min | |
| Challenging | Jump Change - 21 min | | Easy | Red Redemption - 9 min | |
| Challenging | Basic Step Aerobics with Weights - 27 min | | Easy | Orange Oxygen - 7 min | |
| Challenging | Lime Launching - 20 min | | Easy | Azure Awakening - 7 min | |
| Challenging | Black Battlesticks - 21 min | | Easy | Blue Breathing - 5 min | |
| Challenging | Insane Upper Body - 15 min | | Easy | Sapphire Standing - 6 min | |
| Challenging | Functional Workout I - 31 min | | Easy | Ebony Exhale - 11 min | |
| Challenging | Kelly's Core Cardio - 17 min | | Easy | Pink Piriformis - 6 min | |
| Challenging | Body Sulpting - 19 min | | Easy | Resorative Poses - 14 min | |
| Challenging | Body Sculpting II - 16 min | | Easy | Shoulder Stretches - 13 min | |
| Challenging | Insane I - 17 min | | Easy | Neck Routine - 14 min | |
| Challenging | Insane 2 - 21 min | | Easy | Scarf Down Some Stretches - 12 min | |
| Challenging | Classic Flow B - 13 min | | Easy | Sage Stretching - 15 min | |
| Challenging | Basic Step with Weights - 27 min | | Easy | Red Respiration - 9 min | |
| Challenging | Fusion Mix I - 55 min | | Easy | Restorative Poses - 14 min | |
| Challenging | Fusion Mix II - 1 hour | | Easy | Kelly's Total Body Stretching - 19 min | |
| | | | Easy | Foamunrolling - 9 min | |
| | | | Easy | Nightly Knees - 9 min | |
| | | | Easy | Fushia Fascia - 15 min | |
| | | | Medium | Pilates Yoga Blend - 25 min | |
| | | | Medium | Yoga 4 Runners - 10 min | |
| | | | Medium | Orange Openers -15 min | |
| | | | Medium | Peaceful Blend - 41 min | |
| | | | Medium | Orange Openers - 14 min | |
| | | | Medium | Orange Orbits - 18 min | |
| | | | Medium | Cobalt Core - 21 min | |
| | | | Medium | Foam Rolling Routine I - 15 min | |
| | | | Medium | Wall Yoga - 13 min | |
| | | | Medium | Emerald Exhale - 22 min | |
| | | | Medium | Pilates in Pajamas II - 18 min | |
| | | | Medium | Plain ol' Pilates - 26 min | |
| | | | Medium | Rockin" Yoga & Pilates - 31 min | |
| | | | Medium | Classic Flow A - 13 min | |
| | | | Medium | Foam Rolling Routine II - 27 min | |
| | | | Medium | Gentle Blend - 29 min | |
| | | | Medium | Heart & Hamstrings - 42 min | |
| | | | Medium | Hold It - 20 min | |
| | | | Medium | Kelly's Wall Workout - 7 min | |
| | | | Medium | Mellow Slow Flow - 19 min | |
| | | | Medium | Wall Yoga - 13 min | |
| | | | Challenging | Classic Flow B - 13 min | |
| | | | Challenging | Kellys Floor Core Routine - 16 min | |
| | | | | | |
| | | | | | |