



**Livestream Studio:
Live or Later
via Zoom**

**On Demand:
Alkalign Anywhere**

Payment

\$99 month
subscription
* Includes On Demand:
Alkalign Anywhere

\$29 monthly
subscription

\$199/year

**Workout
Length**

30-60 minutes

Varies from
5-60 minutes

**Experience
Level**

All

All

Access

See our daily class schedule
to attend live or get
recordings available
for 2 days. Access AA 24/7

24/7

Classes

30 classes every week
with fresh content daily.
All formats available.

Library of 250+
workouts updated
monthly.

Why

An online experience
closest to our studio:
personalization,
accountability and
interaction. Have access
to the newest classes
and Alkalign Anywhere.

Most cost-effective
way to Alkalign.