

WELCOME TO BURNALONG





To activate your* free Burnalong account complements of Segal, scan the QR Code or click on/go to join.burnalong.com/segal

ABOUT BURNALONG

Burnalong features 30,000+ live and on-demand classes for all ages, interests, and levels, plus the social motivation needed to achieve your health and wellness goals. Classes are taught by 5,000+ credentialed instructors across 60+ wellness categories.

THE BURNALONG SOLUTION

- Choice and diversity Discover new wellness classes and instructors, plus personalized wellness programs, across 60+ categories.
- Social connection You get four free sub-accounts to share with family/friends, and then you can take classes with them virtually. Be well together and stay connected.
- Personalization Receive Al-powered guidance plus access anytime, anywhere - via phones, tablets, computers, & smart TVs.

*You must be a Segal U.S. Active employee

60+ CATEGORIES

Spanning physical, mental, and financial wellness























Fit Over 50

Adaptive Workouts

Diabetes

Mindfulness

Nutrition

Parkinsons

Email customercare@burnalong.com for help