



Meet People. Stay Active Together.

Find people near you to walk, lift, run, play, and move — together. Discover local groups. Meet new people. Stay active together.



On iOS and Android

Download the App



FOR EVERY WAY YOU MOVE

g

Running

Yoga

Cycling

HIIT

Pilates

Swimming

Pickleball

Hiking

CrossFit

Dance

Rock Climb

7:00 - 8:00 AM EST

Walking at Lake Baldwin Park

3 going



Michelle

See you at 8am Friday! ✨

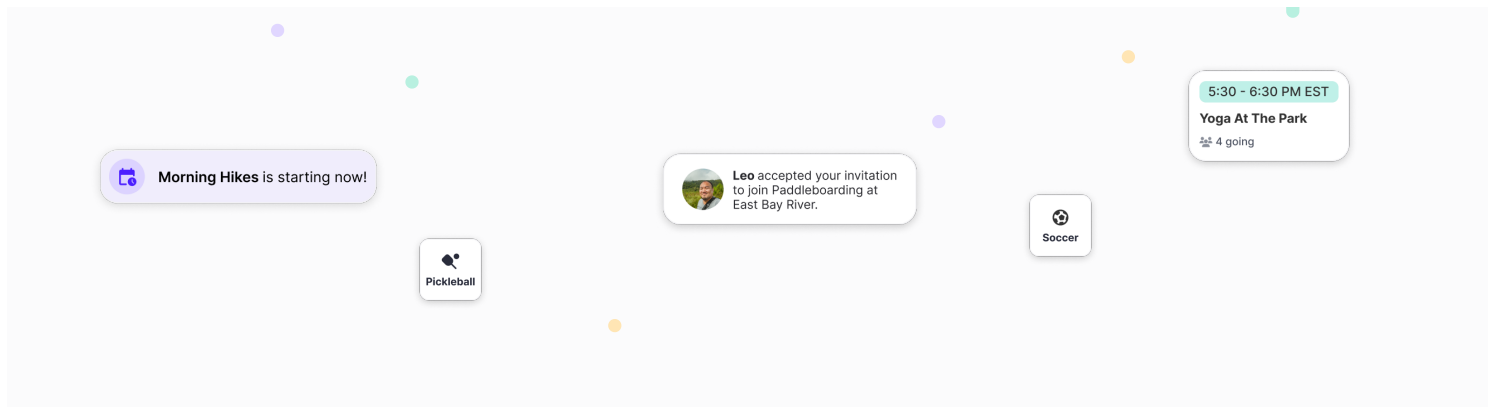


Beach Volleyball is starting now!



Being active with other people makes it easier to stay consistent, meet new people, and turn it into something you look forward to.





Where staying active and real connection come together.



Find your people

Already active but don't have people to share it with? Connect with others who enjoy the same activities you do.



Keep each other going

Want to stay more consistent? It's harder to skip when someone's expecting you.



Make new friends

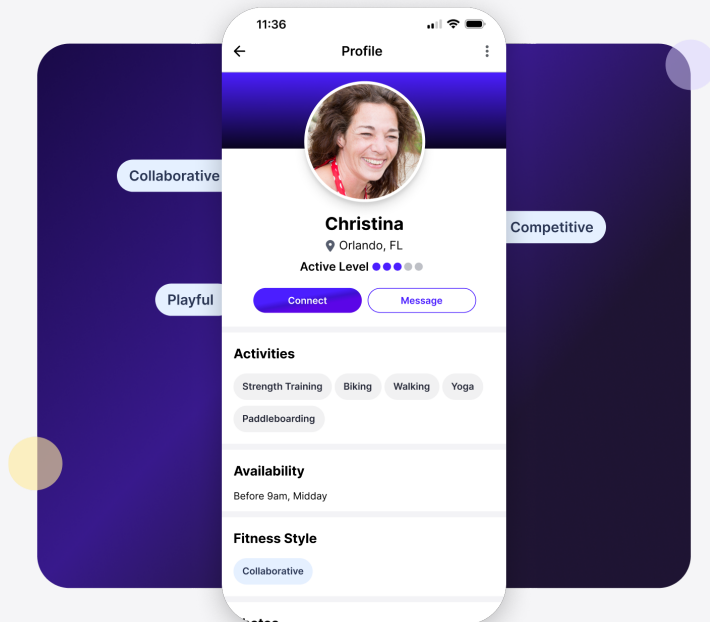
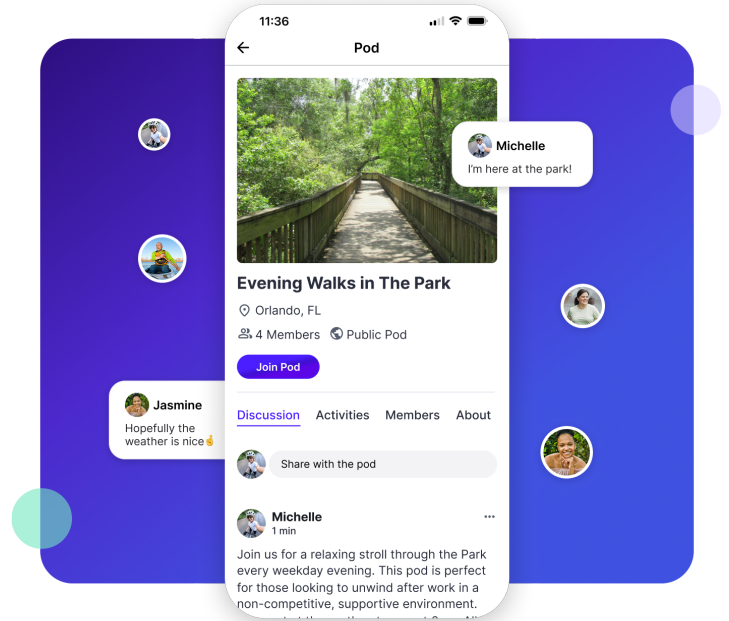
New to the area or just want to meet more people? Do something active together and get to know each other.

PODS

Small groups. Stronger follow-through.

Small groups built around shared activities and goals. Whether it's a morning run club or a workout squad — Pods give you the structure to show up consistently.

- 2-25 members per Pod
- Public or private
- Recurring meetups
- Group chat for support



PROFILES

Find people who move like you do

Set your pace, availability, and activity style so you connect with people who move the way you do. Profiles also include personal interests to help you find common ground beyond the activity itself.

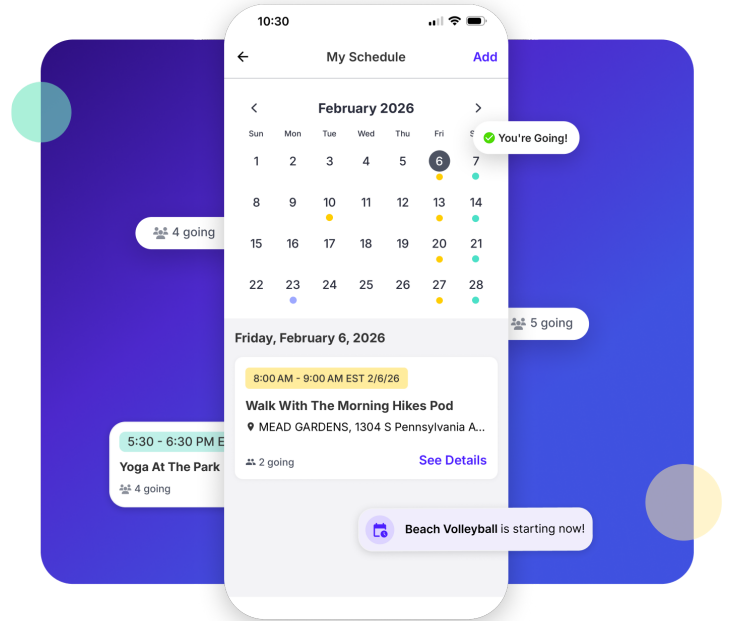
- Activity preferences
- Active level
- Schedule availability
- Fitness style

ACTIVITY SCHEDULING

A schedule that keeps you moving

Plan sessions, RSVP in one tap, and see what's coming up. Set recurring activities so everyone stays in the loop.

- One-time or recurring activities
- One-tap RSVP
- Calendar sync
- Automatic reminders



How MoveSocial works

1

Create your profile

Set your activity preferences, pace, availability, and goals. MoveSocial helps you connect with people who want to move the way you do.

2

Connect one-on-one or join a Pod

Connect directly or join a small group that fits your pace, goals, and comfort level — no pressure, no big crowds.

3

Show up together

Coordinate easily, in person or virtual. Share ideas and plan activities with your Pods and connections to stay in the loop.



“We had a group chat for our weekly volleyball session. That wasn't bad but sometimes notifications would get annoying or having to check in if we're playing every week. App keeps

notifications in one place and I freaking love the weekly reminder and get to set venue location, etc.”

— Dan



Stay in the loop.

Get updates on activities and new ways to stay active in your area.

[Outside the US?](#)

Join the List

Frequently Asked Questions

What is MoveSocial?



What makes MoveSocial different from other fitness apps?



How do Pods work?



Does it cost anything?



Find [workout partners](#), [exercise partners](#), and [workout groups](#) through MoveSocial.

Whatever the activity, we move together.

Download MoveSocial today.



On iOS and Android

Download the App



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