

# Wellbeats™

## CONTENT SUBSCRIPTIONS



**No matter your goal, your fitness ability, or your workout preferences, Wellbeats has a starting place for you and a path to progress.**

- Tutorial and Basic classes in each format give beginners a great place to start
- Varied time lengths: classes range from 1-50 minutes
- Options for any fitness level
- User-friendly class filters and search parameters make it easy to find a class
- Goal-specific workout plans and assessments measure results

**BEST VALUE**

Content Subscription *Required	Basic	Plus	Premium
Workout Plans	1	11+	11+
Fit Tests	1	3	3
<b>Class Channels (Over 300 classes available)</b>			
Rev (Cycling) 23 classes	x	x	x
Fusion (Yoga & Pilates) 32 classes	x	x	x
TKO (Kickboxing) 21 classes	x	x	x
Stomp (Step) 15 classes	x	x	x
Vibe (Dance) 15 classes	x	x	x
Kinetics (High Intensity Interval Training) 23 classes	x	x	x
Definitions (Lean Sculpting) 22 classes	x	x	x
ZUMBA® Basic Steps* (Intro & Basic Steps) 4 classes	x	x	x
Express (Toning) 34 classes		x	x
Kettle Power (Kettlebells) 11 classes		x	x
Bar Strong (Barbell Training) 10 classes		x	x
BOSU®* 7 classes		x	x
Transitions (Anti-aging) 15 classes		x	x
Pregnancy Express (Pre/Post Natal) 9 classes		x	x
Office Breaks (Active at Work) 27 classes		x	x
TimeSavers (15 Minutes or Less) 23 classes		x	x
Wellbeats Youth + MOVE ME!™ + BOSU® Kids* 41 classes			x
Silver&Fit®* 12 classes			x