



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		
		Basic	Plus	Premium
Content Subscription *Required		\$199/mo	\$249/mo	\$399/mo
Workout Plans		1	11+	11+
Fit Tests		1	3	3
Class Channels (Over 350 classes available)				
Rev (Cycling)	27 classes	x	x	x
Fusion (Yoga & Pilates)	36 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)	25 classes	x	x	x
Definitions (Lean Sculpting)	22 classes	x	x	x
ZUMBA® Basic Steps* (Intro & Basic Steps)	4 classes	x	x	x
Recovery (Stretch & Release)	6 classes		x	x
Circuits (Strength & Conditioning)	14 classes		x	x
Express (Toning)	36 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)	32 classes		x	x
TimeSavers (15 Minutes or Less)	29 classes		x	x
Wellbeats Youth + MOVE ME!™ + BOSU® Kids*	41 classes			x
Silver&Fit®*	12 classes			x