

Wellbeats™

CONTENT SUBSCRIPTION

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

Content Subscription Required	Fitness Room
Workout Plans	12+
Fit Tests	3
Class Channels (Over 350 classes available)	
Express (Toning)	37 classes
Fusion (Yoga & Pilates)	36 classes
Office Breaks (Active at Work)	30 classes
Rev (Cycling)	28 classes
TimeSavers (15 Minutes or Less)	28 classes
Kinetics (High Intensity Interval Training)	23 classes
Definitions (Lean Sculpting)	23 classes
Mindfulness (Mental Focus with eM Life)	23 classes
TKO (Kickboxing)	22 classes
Circuits (Strength & Conditioning)	18 classes
Stomp (Step)	15 classes
Vibe (Dance)	15 classes
Transitions (Anti-aging)	15 classes
Strides (Running & Walking)	14 classes
Kettle Power (Kettlebells)	11 classes
Bar Strong (Barbell Training)	10 classes
Pregnancy Express (Pre/Post Natal)	9 classes
Recovery (Stretch & Release)	7 classes
BOSU®*	7 classes
ZUMBA® Basic Steps* (Intro & Basic Steps)	4 classes
Add-ons	
Wellbeats Youth + MOVE ME!™ + BOSU® Kids*	41 classes
Silver&Fit®*	12 classes