

Content Subscription

- 31 channels, no equipment options
- 500+ high quality, 1-60 minute videos
- Options for any fitness level
- Goal-based challenges and fitness assessments
- User-friendly class filters and search parameters make it easy to find a class

Content Subscription	
Challenges	20+
Fit Tests	3
Class Channels (Over 500 classes available)	
Nourish (Nutrition Education & Recipes)	53 classes
Fusion (Yoga & Pilates)	44 classes
Rev (Cycling)	34 classes
Kinetics (High Intensity Interval Training)	34 classes
Office Breaks (Active at Work)	33 classes
TimeSavers (15 Minutes or Less)	33 classes
Express (Toning)	32 classes
Strides (Running & Walking)	29 classes
TKO (Kickboxing)	26 classes
Definitions (Lean Sculpting)	25 classes
Circuits (Strength & Conditioning)	23 classes
Mindfulness (Mental Focus with eM Life)	21 classes
Vibe (Dance)	18 classes
Connect (Live Classes & Chat Recordings)	16 classes
Recovery (Stretch & Release)	16 classes
Stomp (Step)	16 classes
Transitions (Anti-aging)	15 classes
Sports Ready (Preparation & Performance)	13 classes
Kettle Power (Kettlebells)	11 classes
Bar Strong (Barbell Training)	11 classes
Pregnancy Express (Pre/Post Natal)	9 classes
BOSU®	7 classes
ZUMBA® Basic Steps* (Intro & Basic Steps)	4 classes
Wellbeats Youth + MOVE ME!™ + BOSU® Kids	41 classes
Silver&Fit®	12 classes