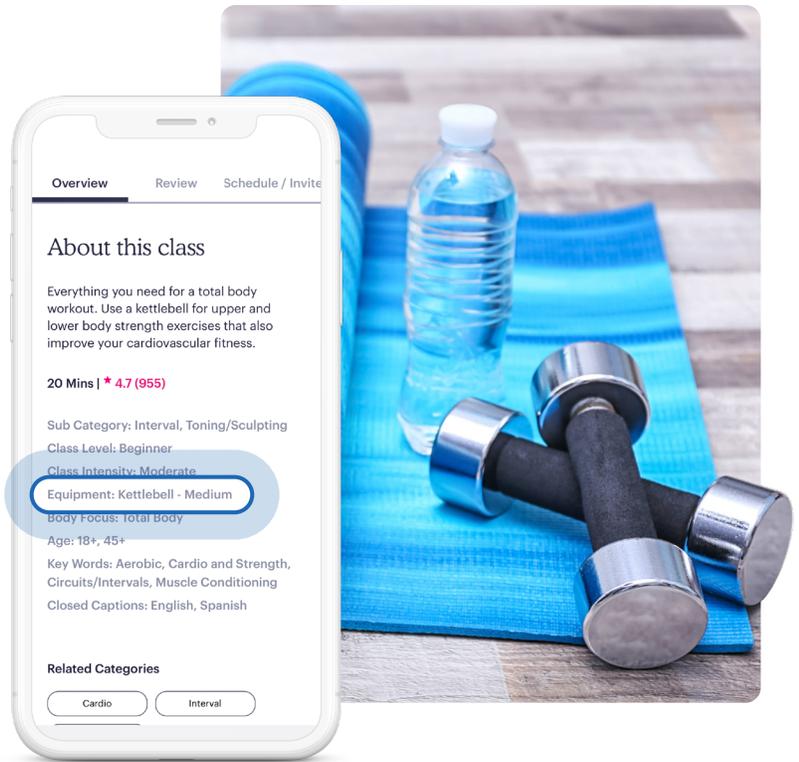


# Wellbeats Equipment List

Wellbeats is your virtual wellness offering to help you live a healthier life. This includes fitness, nutrition, and mindfulness classes for all ages, levels, abilities, and interests.

Many Wellbeats classes do not require any type of equipment. **You can check if a class requires equipment in the class details under “About This Class”.**



Resistance Bands



Yoga Mat



Dumbbells



Steps and Risers



Studio Cycle Bike



Kettlebells



Barbells



Yoga Block



Stability Ball



Medicine Ball



Treadmill



Body Bar



Foam Roller



Yoga Strap



Lacrosse Ball