



## Healthy Together Challenge

Celebrate Social Wellness Month with a fitness challenge designed to bring people together (even while apart)! For 3-4 days a week, invite a friend to join you for some fun dancing, HIIT (high intensity interval training) and yoga classes led by our high-energy instructors. The remaining days include friendly reminders and prompts to nurture ourselves, our relationships, and build a stronger, healthier community. Don't forget to share your progress with us on social media @Wellbeats #WellbeatsForAll.

### Recommended Equipment



Yoga Mat



Dumbbells

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1	<p><b>Latin Dance Party</b> (Dance)</p> <p>20 min</p>	<p>Invite a friend to join you at your next Wellbeats class.</p>	<p><b>Body Check</b> (HIIT)</p> <p>19 min</p>	<p>Give someone a compliment to brighten their day.</p>	<p><b>Stretch Flow Breathe</b> (Yoga)</p> <p>25 min</p>	<p>Focus on active listening today with colleagues and family members.</p>	<p><b>Tabata Pyramids</b> (HIIT)</p> <p><b>Dumbbell or kettlebell needed</b></p> <p>30 min</p>
WEEK 2	<p>Plan a regular in-person or virtual coffee date with a colleague or friend.</p>	<p><b>Sun Salutation Flow</b> (Yoga)</p> <p>33 min</p>	<p>Try a new class or hobby and find others who share your interest.</p>	<p><b>HIIT Cardio</b> (HIIT)</p> <p>20 min</p>	<p>Call an old friend you haven't spoken to in a while and catch up.</p>	<p><b>African Dance</b> (Dance)</p> <p>17 min</p>	<p>Invite a friend to join you at your next Wellbeats class.</p>

Learn how to play classes in real-time with others using the [invite-a-friend](#) feature. Join the [Healthy Together Challenge](#) today.