

Wellbeats™

NEW CLASS ALERT



Explore what's new on Wellbeats!

Use the search bar (magnifying glass) in the upper right corner of the home screen to search the name of the class you'd like to play.



Connect



Standing Core Challenge

5 minutes

Here's a quick core challenge that focuses on balance, obliques, and all around stability! Weights optional.



Gratitude Challenge

5 minutes

Take this quick break with Chance to focus on breathing and gratitude in our lives, while releasing stress with every exhale. Get comfortable - and enjoy this moment of gratitude.



Walking Plank Challenge

3 minutes

Fast and furious! Join Kim for this quick break from the day to strengthen our entire core! Have fun - and stay with it as long as you can!

Love these quick exercise and meditation challenges? For more options, check out:



Core Cardio Challenge

5 minutes

Very quick break to challenge your core and drive your heart up for a short period of time! Let's get our energy up and have some fun wherever you are at!



Plank & Crunch Challenge

6 minutes

Planks, abs, oh my! Challenge your core with some strong stability and solid abdominal training to feel some heat in your midsection.



LIVE Meditation w/ Chance

5 minutes

Join Chance for a quick mindfulness challenge in your chair or on a stability ball. Breathe, and enjoy this quick break from the day.



Spinal Balance Challenge

6 minutes

4 moves to create a stronger core, front and back! Get ready to feel challenged and try create a stronger you!