

# 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.



### TKO



**TKO Go**  
20 minutes

This class fuses classic TKO combinations with some "GO" intervals to drive the fun and our heart rate for an effective, fun workout!

*High Intensity Cardio*



**Lower Body MMA**  
27 minutes

The focus in this class is on lower body conditioning using traditional martial arts strikes to tone and shape our legs with an added bonus of core training at the end!

*Cardio and Strength*

### Vibe



**Dance Breakdown**  
19 minutes

Learn to move & groove with this fun dance party mix! Jeremiah walks you through the moves - and then brings the heat full time!

*Dance*

### Rev



**Pace Challenge**  
22 minutes

This class is all about intervals and resistance to challenge your pace and elevate your heart! Get ready to feel energized and make a difference in your legs, heart, and attitude!

*Cardio*

### Transitions



**Balanced Strength**  
22 minutes

This class is not only a full-body strength workout, but includes low-impact movements to keep joints safe and stable.

*Balance*

### Recovery

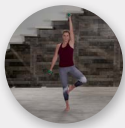


**Full Range Stretch**  
25 minutes

This stretch & recovery class helps increase our range of motion and mobility, with the added benefit of decreasing overall muscle soreness! Get ready to feel better with every stretch.

*Stretch and Recovery*

## Connect



### **Barre Challenge w/ Weights** 15 minutes

Get ready for a quick, strong Ballet inspired Barre workout with Tina! Grab a pair of light weights, and feel your body get stronger with every repetition!

*Barre*



### **Meditation Challenge 2** 5 minutes

Join Chance with this quick meditation to help clear your mind and relax tension in your body. Enjoy the moment!

*Mindfulness*



### **Planks, Core & More** 5 minutes

Core challenges are so fun! Enjoy this quick break/workout focusing completely on our core - getting stronger one rep at a time!

*Core*



### **Taps & Bridges** 6 minutes

A strong core is built slowly and surely. Take a break and start building a stronger core and ultimately a stronger you!

*Core*



### **Warm Meditation Challenge** 5 minutes

Take a quick break to disconnect from your daily routine and find a little peace, warmth, harmony. Breathe, and enjoy the moment.

*Mindfulness*



### **Standing Abs** 7 minutes

Four core exercises - all standing - will give you a quick boost of energy and a little fire in your midsection!

*Core*

## Kinetics



### **Elevate Your Energy** 23 minutes

This circuit style class focusing on strength and muscular endurance will challenge you with its fast pace and high energy!

*Cardio and Strength*



### **HIIT on Fire** 23 minutes

HIIT with strength? Yes please! Ignite your inner fire with this circuit class designed to elevate your heart rate and drive change from the inside out.

*Cardio - High Intensity*



### **Speed & Power** 23 minutes

Grab some space - and get ready to elevate your heart in this quick HIIT class focusing on our lower body!

*Aerobic*

## Definitions



### **Higher Power** 19 minutes

This class is all about building strength in our upper bodies and core! It's quick, it's strong - let's make an impact fast!

*Core*

## Nourish



### **Honey Glaze Ribs**

8 minutes

Join Chef Green for another fabulous recipe in his "Takeout from home" series. He'll step you through his version of Chinese-inspired, Honey Glazed Ribs.

*Recipes*



### **Spaghetti Bolognese**

12 minutes

Chef Green will step you through this easy alternative to takeout. His Spaghetti Bolognese is a classic and sure to bring a bit of Italy to your dinner table.

*Recipes*



### **Boost Your Mood**

12 minutes

Looking for a fresh, healthy option that will help boost your mood? Join Chef Marshall as he steps you through this delicious Barley Berry Kale salad.

*Nutrition Education*



### **School Lunches**

5 minutes

Join Christina as she provides the basics on building nutrient dense meals your kids are sure to enjoy.

*Nutrition Education*



### **Lettuce Wrap - Turkey Bacon, Avocado, Tomato**

6 minutes

Looking for a quick lunch option as an alternate to the sandwich shop? Join Chef Green as he helps us prepare a simple, but nutritious, lettuce wrap.

*Recipes*



### **Spaghetti Bolognese**

2 minutes

This classic Italian dish is simple to prepare and will become a favorite. Pick your preferred noodle, make it as is or add your favorite ingredients.

*Recipes*



### **Barley Berry Kale Salad**

2 minutes

Looking for a fresh, healthy option that will help boost your mood? Check out this recipe overview from Chef Marshall's "Boost Your Mood" class.

*Recipes*



### **Citrus-Beef Tacos**

2 minutes

This meal is great for replenishing energy stores in your body and helping to reduce inflammation in recovering muscles. This amazing dish will have you ready for your next workout in no time.

*Recipes*

## Fusion



### **Upper Body Flow**

25 minutes

Join Becky for this beautiful, strong Yoga class that flows through traditional movements and adds a little weight to strengthen our upper bodies.

*Balance*



### **Functional Barre**

18 minutes

Heather leads us on this amazing barre class that will shape & strength our core, or bodies, and our minds!

*Barre*



### **Simply Barre**

24 minutes

Get moving with Josh in this Ballet Barre class designed for all fitness levels - from beginner to advanced - you will enjoy the feeling and progression with every move!

*Balance*

## Mind Body Renew



### **Color Visualization Meditation** 21 minutes

Join Chance on a seated journey exploring our internal colors using breath and gentle movements to bring calm and a sense of peace in your day.

***Mindfulness***



### **Yin For Stress** 35 minutes

This calming class is designed to smooth and cool our minds, bodies and emotions to bring calm and rest. Breath and enjoy the journey.

***Mindfulness***



### **Loving-Kindness Meditation** 12 minutes

This metta-meditation is designed to bring positive energy and kindness to you and those around you. Take a quick break and enjoy the journey.

***Mindfulness***

Some classes may take longer to appear in the system. Available classes may vary according to your content subscription.

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