

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



Rope Climb Challenge 4 minutes

Have 2 minutes? Let's take a break and challenge our core and ignite our minds with this fun, quick challenge to get us stronger!

Core



Chair Yoga Challenge 5 minutes

Need a little reprieve from your day? Join Chance for a quick yoga break focusing on breathing and releasing stress!

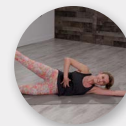
Mindfulness



Barre Challenge 5 minutes

Five minutes of all legs, this Ballet Barre inspired challenge will leave you feeling the fire!

Barre



Hip Challenge 5 minutes

Get ready to challenge your hips & core with Tina and ignite your body.

Muscle Conditioning

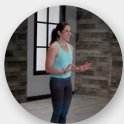
Kinetics



Find Your Fire 33 minutes

This class uses strong intervals with resistance to increase your heart rate with a bonus of 1 minute of sustained cardio throughout!

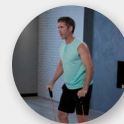
Cardio



Switching Gears 20 minutes

This interval class gives you ALL the options for you to feel successful and strong! You will learn to see where your body can go and adjust your level of intensity that fits you and your goals!

Circuits



Maximum Effort 21 minutes

This high intensity interval training (HIIT) class is designed to push your heart rate as high as you can in one minute intervals. Get ready - and let's propel change!

Cardio

Athletic Performance



Top End Speed Level 1 27 minutes

This class lays the foundation for muscle strength and development through improved running efficiency, brain/muscle communication and recruitment of muscle fibers that will lead to higher top-end speed.

Muscle Conditioning



Top End Speed Level 2 39 minutes

It's builds off of the level 1 class, continuing to focus on the importance of brain/muscle communication and the recruitment of muscle fibers, with the addition of speed training sprints.

Muscle Conditioning



Acceleration Level 1 33 minutes

Acceleration in and out of a movement is central to today's sports. This class will help improve acceleration and explosiveness through the development of strength and power in small bursts of speed.

Muscle Conditioning



Acceleration Level 2 36 minutes

This class continues to build reactive strength through exercises that promote power and explosive speed work. Continuing to improve acceleration will lead to overall quickness and improved top-end speed.

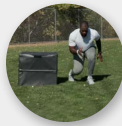
Muscle Conditioning



Plyometrics Level 1 26 minutes

Plyometric training is often used to develop fast twitch muscle files that lead to improved speed and agility. This class will bring promote those benefits as well as help prevent injuries.

Muscle Conditioning



Plyometrics Level 2 27 minutes

As an added benefit this plyometric class aids in injury prevention by strengthening tendons, improving elasticity and general stability.

Muscle Conditioning



Plyometrics Level 3 25 minutes

This class will push you to the next level of training. Whether you are focused on improving speed, agility or overall athleticism, this workout will help you reach your maximum explosiveness.

Muscle Conditioning

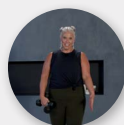
Definitions



Basic Strength 26 minutes

Join Jodee in this basic strength training workout with moves that are easy to follow and will help you get and feel stronger every time!

Strength Training



Perfect 10 26 minutes

Let's get stronger using three sets of three exercises to drive a full body, stable strength workout! Get ready to feel pushed - and ultimately more energized!

Strength Training

Rev



Rev Stretch 4 5 minutes

Whether you just finished a bike ride, or a great workout, this quick stretch class will help you release tension and feel good! Find your balance, breathe, and let's stretch it out!

Stretching



Power Cycle Intervals 23 minutes

Intervals & power: an amazing recipe for bringing change to our minds & our bodies. Let's find the beat of the music and propel us towards a fantastic cardio workout!

Cycling

Fusion



Athletic Barre 25 minutes

Get ready to challenge both your upper and lower body with dynamic movements, some fun pulses, and fun attitude!

Barre



Weighted Balance 22 minutes

Let's combine familiar yoga poses with some added weights to strengthen and tone our muscles. Breathe, and enjoy this strong practice and flow.

Yoga



Focused Movement 19 minutes

Let's choose to focus on our breath, our movement, and our posture and feel the amazing difference in our yoga practice.

Yoga



Completely Core 22 minutes

This class is completely focused on our core. A stronger core enables us to move more effectively in everyday activities. Get ready to feel every core muscle thanking you later!

Core

Nourish



Fajitas & Black Bean Puree 9 minutes

Join Chef Green as he guides you through this quick grilled fajitas recipe. Follow along, add your favorite toppings and in less than 20 minutes you will be enjoying the great flavors in this dish. Check out the tofu guacamole class for a great addition.

Recipes



Get Kids Interested in Nutrition 6 minutes

Are you looking for ways to teach your children about nutrition? Join Christina as she gives you tips to get them engaged. It's a journey that is about creating an environment and lifestyle around healthy nutrition.

Nutrition Education



Alcohol - What It Does To Our Body 5 minutes

Are you curious how alcohol impacts your health? This class will review the good and not so good, and offer suggestions on how to find balance between your social calendar and your long-term health.

Nutrition Education



Enchilada Stew 2 minutes

This slow-cooker recipe is sure to bring a little spice to your life. While it's fabulous as is, you can easily swap out the chicken with your favorite meat or additional veggies.

Recipes



Lemon Pepper Tilapia - Slow Cooker 2 minutes

This lemon pepper tilapia meal is a great addition to your rotation of slow cooker recipes. It steps away from what you may traditionally cook in your slow cooker, Give it a try and see what else it inspires you to make!

Recipes

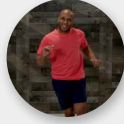
Vibe



Make Your Move 18 minutes

Here comes a dance class with some fun choreography that will elevate your heart, and bring some fun attitude in your day! It's quick - it's spicy - let's dance!

Dance



Feel the Flow 20 minutes

This dance class is ALL about the feel of the music. Alex brings his professional, intelligent design and guides us through a fun and fluid routine!

Dance

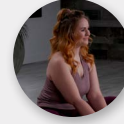
Mind-Body-Renew



Essential Yin 16 minutes

Jan will guide us through this gentle, kind, simple practice to help us balance and relax our mind. Take a few moments for you and enjoy.

Mindfulness



Therapeutic Yoga: Back 28 minutes

In this class, we will blend gentle, Hatha Yoga with Yin Yoga, focusing on stretching our hips and lower back and bring some more flexibility to both of those areas.

Mindfulness

TKO



Mixed Martial Arts 23 minutes

We're going to step up our training with a mix of martial arts training that will drive your heartrate up AND engage your core throughout!

Kickboxing

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

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