

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



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!

Nourish



Miso Salmon with Wok Fried Vegetables

8 minutes

Need a refresh of Chef Green's Japanese inspired salmon recipe served over wok fried vegetables. In this short version of Chef Green's "Takeout from Home" class, you'll be cooking a 5-star restaurant quality meal from the comfort of your kitchen in no time.



Vegan Indian Curry - Short

3 minutes

Did you enjoy Chef Green's Vegan Indian Curry class? Check out this short version that quickly steps you through a great Vegan Curry recipe that will have you making takeout from home in no time.



Vegan Indian Curry

9 minutes

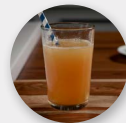
Are you looking to make your own Indian curry? Join Chef Green as he walks you through this Vegan chickpea, spinach and tofu curry. This class will give you knowledge and confidence to mix and match ingredients and make this popular take out option at home anytime.



Improve Your Digestion

10 minutes

This Moroccan beef with caramelized green beans and brown rice recipe is a great addition to your meal plan. The spices, garlic and prebiotic-rich beef are perfect for improved digestion. Chef Marshall's recipes are always designed to work for your body and not against.



Reboot Juice

1 minutes

"Reboot" juice is an amazing smoothie option if you are looking to promote a healthy metabolism and boost your immune system with extra antioxidants. Give it a try and let us know what you think.

Fusion



Stronger Yoga

25 minutes

Flow this beautiful yoga class of traditional moves & poses with the optional addition of some light hand weights for an added challenge and feel-good burn!



Tighten Tone & Balance

22 minutes

Join Erin in this full-body class to strengthen all our muscles we use for balance and stability. Let's move with purpose, breath, and a positive attitude!



Advanced Pilates

21 minutes

Using our breathing as a focus, this strong Pilates class will challenge our mid-section and our postural muscles. Try to keep moving the whole time and enjoy the sensation of getting stronger!



Tai Chi Postures

19 minutes

Barb walks us through a calm sequence of movements, or postures, focusing on our stance, breath, and alignment. Enjoy this amazingly smooth class to lift your spirit and energy!

Transitions



Strength & Cardio

25 minutes

Need a strong class with lower impact? Look no further! Acacia walks us through a combination of strong movements with light weights and short bursts of cardio exercises to drive our heart rate and increase the strength and tone of our muscles.



Gentle Flow

23 minutes

Need a lighter, calm yoga practice today? Jan guides us through this beautiful gentle yoga with a focus on smooth, slow movements and breathing to calm our body & mind.



Lower Body Recovery

18 minutes

This self-message class will guide you through some movements and stretches that enhance your recovery process. Keep breathing, and enjoy the process!



Chair Dare

10 minutes

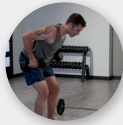
Join Heather in this quick recovery class focusing on our hips and hip health using a chair for stability and balance.

Kinetics



Targeted Energy 21 minutes

Quick, fast, and effective - this class is going to attack your legs and strengthen your upper back postural muscles! Get ready to warm up your heart, mind, and body towards a fitter you.



F-HIIT-er You 26 minutes

High Intensity Interval Training is always a challenge - this class is no exception! Kris guides us to focus on maximum effort for short periods of time with some resistance to help drive towards your results fast!

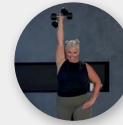
Mind Body Renew



Sonic Meditation 10 minutes

Take a quick break and enjoy this guided meditation focusing on our sense of hearing. Using breath and intentional focus, you will feel more calm and centered. Enjoy!

Time Savers



10 Rep Challenge 13 minutes

Get ready to enter the challenge zone fast! Find some resistance, and join Katie for only 10 reps per exercise to drive towards your results!

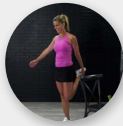
Definitions



Stable Strength 20 minutes

This workout is going to strengthen your whole upper body and core throughout! It's fun, it's quick, and it's ready for you to take the challenge!

Sports Ready



Tennis Ready 10 minutes

Let's get our body moving and prepare for the workout ahead! Tina will also give us some additional dynamic movements & stretches to help cool us down after.

Strides



Ladder Run 30 minutes

Join Olympian Carrie in this interval workout that picks up the pace throughout your walk or run. Starting with 3 minute intervals, you will work all the way down the ladder to 30 second intervals!

Rev



Endurance Challenge 31 minutes

This class is all about endurance training - longer sets of work and short breaks for recovery. Join Anna for some energy, encouragement and a whole lot of motivation to move!

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

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