

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.

 search

Fusion



Lean & Strong 20 minutes

This fusion of yoga and barre engages your muscles to help lengthen, shape, and tone your way to a stronger you!

Balance



More Core 24 minutes

A stronger core? Yes please! Jodi coaches us through a holistic Pilates class touching on just about every core muscle we have!

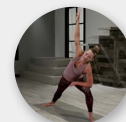
Core



Athletic Pilates 20 minutes

This quick mat Pilates workout will help strengthen your entire core to give you a boost in everything else you love to do!

Core



Strong Balance 24 minutes

This fun blend of yoga and Pilates is designed to improve your core strength and stability, and improve our everyday lives!

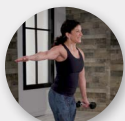
Core



Building Strength 25 minutes

This yoga practice uses a gradual progression to build stronger movements and a stronger you!

Yoga



Core with Attitude 24 minutes

This foundational class is designed to strengthen all the muscles up and down your spine, giving you a stronger core.

Core



Tai Chi Reduce Stress 13 minutes

This Tai Chi series of movements will help alleviate and reduce anxiety and stress. Take a few moments, breathe and enjoy.

Tai Chi

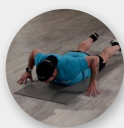
Connect



Bear Crawl Challenge 5 minutes

Challenge yourself for 3 minutes – or as long as you can – and bear crawl your way toward some positive energy and a stronger you!

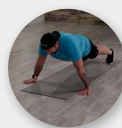
Core



Flutter Kick Challenge 5 minutes

Here's a quick 2-minute flutter kick challenge – bringing together your whole core and a little bit of fun to break up your day. Good luck!

Muscle Conditioning



Push-Up Challenge 4 minutes

Here's a quick twist on push-ups to create a fun and challenging break to your day: How many can you do?

Muscle Conditioning



Core by Four 4 minutes

Four moves + four minutes = stronger you! Join Acacia as she walks you through this quick and effective core workout.

Core

Mind-Body-Renew



Mindful Meditation 17 minutes

Get ready to enjoy this beautiful mindfulness meditation, or Anapana, with some breath, silence, and stillness.

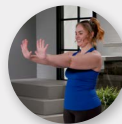
Mindfulness



Therapeutic Yoga: Neck 30 minutes

This blend of gentle Hatha and Yin Yoga is designed to soothe stress, ease tension and release tight muscles in your neck and shoulders.

Yoga



Therapeutic Yoga: Wrist 24 minutes

This therapeutic approach to yoga focuses on bringing alignment and blood flow in your wrists and shoulder joints.

Yoga



Yin Relaxation 52 minutes

Chance leads a deeply relaxing style of yoga that uses props, gravity, and extended holds to release deeply packed tension from the intersections of the body.

Yoga

Rev



Speed UP! 20 minutes

Join Jodi in this fun interval class using hills and speed to build strong, toned legs on the bike! Hang on, it's gonna be a ride!

Cycle

Strides



Basic Intervals 20 minutes

Grab your jogging or walking shoes and join Carrie in this class using six strong intervals of 30 and 60 seconds to drive up your energy and metabolism.

Running

Kinetics



Power Boost 26 minutes

This circuit class is going to challenge you with both strength AND cardio exercises: a blend of intervals to drive you toward a healthier you!

Cardio and Strength

Nourish



Body Repair – Post Workout Meal

9 minutes

This post-workout meal is great for replenishing energy stores in your body and helping to reduce inflammation in recovering muscles.

Recipes



Boost Your Metabolism

10 minutes

Join Chef Marshall as he utilizes protein-packed and hydrating foods to create a Chicken Bok Choy Stir Fry that is sure to delight. Vegetarian options included.

Recipes



Budget Friendly Tips

6 minutes

With a little preparation and these tips from Christina, you can plan nutrient-dense meals on a budget.

Nutrition Education



Booster Foods 101

3 minutes

Booster Foods aren't necessary for good health, per se, but pack a powerful nutrition punch when added to a healthy diet. Learn what they are and how to use them.

Nutrition Education



Tahini Hot Chocolate

2 minutes

Check out this Tahini hot chocolate that adds a bit of nuttiness, healthy fats, and is definitely a unique and delicious treat.

Recipes



No Bake Protein Energy Bites

2 minutes

Fiber, healthy fats and a touch of sweetness... these no bake bite-sized snacks are the perfect solution for a mid-day snack or when you are on the go.

Recipes



Grown Up Buttered Noodles

2 minutes

Reminisce about one of your favorite childhood meals with this lactose-free, protein-packed, buttered noodles recipe.

Recipes



Crockpot Chicken Chili Verde

2 minutes

This recipe is packed with flavor and your favorite green peppers, topped with lime, cilantro and avocado...it's hard to beat!

Recipes

Definitions



All Around Strong

23 minutes

Get ready for some unique movements that will challenge both your lower and upper body for an engaging, strong workout!

Strength Training

Vibe



Fun 90's Flair

20 minutes

It's time to groove to the rhythm of the 90's – find the beat, have some fun, and you'll wonder where the time went!

Cardio

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

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