

# 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.



### Kinetics



**Barre HIIT**  
16 minutes

Fire up your body, heart and mind with some traditional Barre exercises and the driving force of HIIT!

*High Intensity, Barre*



**Power Circuits**  
22 minutes

These circuits focus on strength and power, building core strength, and expanding our cardio capacity.

*High Intensity Cardio*

### Strides



**The Bridges**  
23 minutes

Carrie takes on a beautiful circuit-style run through the bridges of the Twin Cities. Enjoy the run and have a little fun!

*Walking, Running*

### Vibe



**Latin Dance Party**  
20 minutes

Oh yeah – it's time to dance! Bring your energy, your smile, and your attitude for thi fun Latin-style dance class with Lynnea.

*Dance*



**Fast Feet and Fun**  
13 minutes

Find your rhythm and join Jeremiah for a fast, Hip-hop style dance class to bring some fun to this quick cardio class!

*Dance*

### Recovery



**Posterior Relief**  
10 minutes

This quick set of yoga poses focuses on stretching and lengthening all of our postural muscles. Take a few moments to breathe, stretch and enjoy!

*Stretch and Recovery*

## Nourish



**Miso Salmon**  
8 minutes

Chef Green shares one of his signature dishes with this Japanese inspired salmon recipe served over wok fried vegetables.

*Recipes*



**Cauliflower Crust Pizza**  
6 minutes

This guilt-free pizza is topped with feta, olives and prosciutto. Whether you go with these toppings or your own, the cauliflower crust is a simple-to-make favorite.

*Recipes*



**Crispy BBQ Cauliflower**  
2 minutes

Looking for a fresh way to get vegetables into your diet? Check out this tasty cauliflower option that is sure to leave everyone wanting more.

*Recipes*



**Tofu Guacamole**  
2 minutes

This tofu guacamole is a creamy option with all the benefits of avocados and the addition of some extra protein, vitamins and minerals from the tofu.

*Recipes*



**Mango Lassi Milkshake**  
2 minutes

This milkshake swaps out the traditional use of yogurt with almond and coconut milk to give you a savory, but sweet treat you are sure to enjoy.

*Recipes*



**Mushroom Burger & Baked Fries**  
10 minutes

This unique twist on a burger is a great low carb option. Chef Green cooks up a juicy burger served between a bun of seared portabella mushrooms and a side of freshly baked oven fries.

*Recipes*



**Lettuce Wrap BLT**  
6 minutes

Chef Green helps us prepare a simple, but nutritious, bacon, avocado, tomato lettuce wrap – a quick lunch option.

*Recipes*



**Grilled Fajitas and Black Bean Puree**  
2 minutes

This quick grilled fajitas recipe will become a family favorite. Follow along and add your favorite toppings.

*Recipes*

## Rev



**Rev Stretch 3**  
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.

*Stretch, Recovery*



**Speed Play**  
21 minutes

This class is all about intervals and speed. Quick sets of work followed by quick sets of recovery help drive the heart rate into a strong calorie-burning zone.

*Cycle*

## Definitions



**Upper Body Strong**  
25 minutes

Stronger arms, chest, back and core are at your fingertips in this upper-body-focused class with a little core for fun!

*Strength Training*

## Connect



### **Plank Challenge with A Twist** 8 minutes

Grab an exercise ball, a timer, and let's see what we can do. Challenge yourself!

**Balance, Core**



### **Latin Dance** 15 minutes

Enjoy this quick 15-minute high-energy Latin Dance class! Bring your fun and lighten the day with some movement and energy!

**Dance**



### **Mindfulness with Nicole** 5 minutes

Give yourself permission to take a quick 5-minute breathing and meditation break anytime when you need it. Get ready ... and breathe!

**Mindfulness**

## Fusion



### **Yoga Fire 2** 20 minutes

This yoga sculpt class will challenge you and enhance your flexibility, strength, balance and coordination.

**Toning, Balance**



### **Pilates with a Ball** 20 minutes

Find a new and fun challenge using traditional Pilates exercises with a ball! Your core will thank you later.

**Core**



### **Strong Coordination** 20 minutes

This yoga sculpt class focuses on strength, flexibility and coordination in some fun combinations with light weights.

**Balance, Coordination**

## Time Savers



### **Strength and Stretch** 12 minutes

This quick strength, stretch and recovery class focuses on your posterior chain (all the muscles along the backside of your body). You'll feel refreshed, ready and stronger.

**Stretch**



### **Rotation and Breath** 14 minutes

Learn yoga poses that focus on rotation and breath. Get ready to feel warm, focused and ready for your next activity!

**Yoga, Flexibility**



### **Quick Ignition** 10 minutes

Short on time? Alex has a quick, strong, HIIT class designed to elevate your heart and propel you forward!

**High Intensity Cardio**

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

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