

Wellbeats™

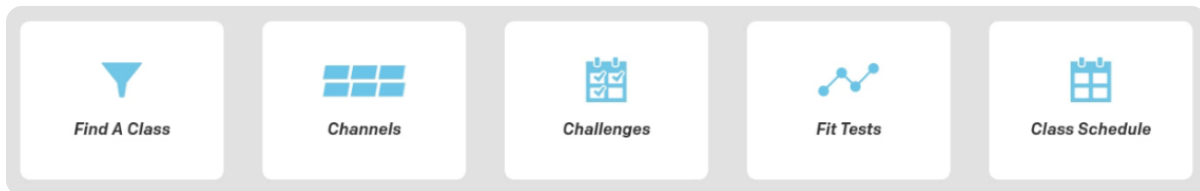
Welcome to Wellbeats!

This Wellbeats touchscreen kiosk offers a variety of channels and hundreds of virtual fitness classes with something for every age, stage, and ability. Our user-friendly filters make it easy to find exactly what you're looking for.

Our team of certified instructors are passionate about helping you reach your full potential through our results-driven programming. It's like having an on-demand personal trainer as they motivate, educate, and lead you step by step through each class.

The Basics

1. Walk up to the Wellbeats kiosk
2. Explore classes via the homepage, search function, Find A Class filter, or Channels page
3. Select desired class
4. Press play



Find A Class

The Find A Class feature allows you to filter classes by Class Type, Duration, Equipment, and more.

Channels

Explore workout styles via our Channels view! Each channel has multiple classes so users never get bored with the same class.

Challenges

Goal-based Challenges provide you a road map to reaching your fitness goals. Each plan is 2-8 weeks and guides you through daily workouts. Available plans include Lose Weight, Build Strength, Get Fit, and more.

Fit Tests

You can benchmark and track your results with Wellbeats app-based Fit Tests. These 10 – 20-minute workouts incorporate timed activities from our various classes.

Class Schedule

Check out your facility's Class Schedule to see what's coming up!