

Move, Play, and Have Fun

with Wellbeats *Wellness*
Classes for All Kids!



Where Wellness Begins...

Every child should have the same opportunity to be healthy and strong. With inclusivity at the forefront, kids of all abilities can explore new ways to release energy, create happy memories, and most of all: have fun.

Learn and grow with us through expert-led fitness activities, mindfulness breaks, and movements centered around creativity, learning, and exploration. Ready? Let's play!



FOR ALL KIDS INCLUDING THOSE WITH DISABILITIES

Classes are for kids of all interests and abilities ages 3-10. Even the whole family can join in on the fun!



ENHANCES MENTAL AND PHYSICAL GROWTH

Includes a unique blend of structured and unstructured play to benefit the mind and body with a focus on developing motor skills, balance, control, and coordination.



BUILDS SELF-CONFIDENCE

Led by our team of certified, friendly instructors, all kids can feel comfortable, confident, and supported in setting a strong foundation for a lifetime of good health.



Did you know?

Regular physical activity can help children and adolescents in a variety of ways*, including:

- Improve cardio fitness
- Build strong bones and muscles
- Strengthen immune system
- Improve mental and physical health
- Develop healthy habits

*Source: Centers of Disease Control & Prevention



Download the app on the App Store, Google Play, or Apple TV

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