

FITNESS

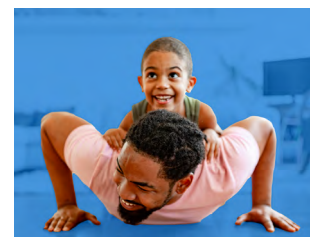
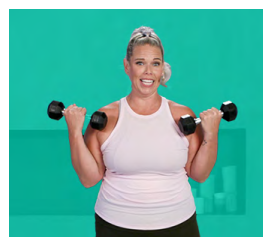


Energy to Feel Your Best

Boost your energy and feel good moving your body with Wellbeats *Wellness*, a product of LifeSpeak Inc.

Studies show regular exercise can reduce the risk of a major illness, improve your mental health and mood, and support your overall health and wellbeing. Paired with its extensive selection of nutrition and mindfulness classes, Wellbeats *Wellness*' high-quality, expert-led fitness classes can help you live a happier, healthier life. Whether you're an expert at yoga or new to running, looking for ways to relieve stress or only have five minutes to unwind, there is something for everyone. This includes:

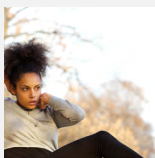
- High-quality, education-based classes for all ages, levels, abilities, and interests
- Safety-first training and proper form techniques led by a diverse team of certified, friendly instructors
- Goal-based programs such as Lose Weight, Train Your Way to a 5K, Intro to Strength, Healthy Back, and Daily Mobility
- Fitness assessments and personal statistics to track your progress
- And so much more!



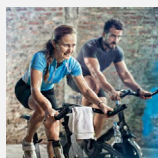
Feel Good from the Inside Out



YOGA



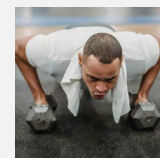
CORE



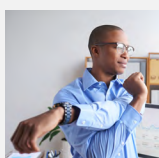
CYCLE



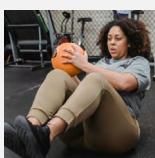
DANCE



STRENGTH



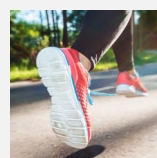
WORK
BREAKS



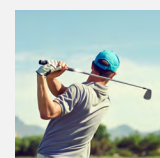
HIIT



LOW IMPACT



WALKING/
RUNNING



SPORTS
CONDITIONING

And so much more!

Transform Your Everyday Living



Yoga Barre Blend

21 mins | ★ 4.7



Cardio & Strength

15 mins | ★ 4.7



Extended Stretch

12 mins | ★ 4.7



Gentle Flow

23 mins | ★ 4.8



Fat Burn Cycle

35 mins | ★ 4.8



Low Impact Cardio

20 mins | ★ 4.8



Break Time

2 mins | ★ 4.6



Crunch For Lunch 2

4 mins | ★ 4.5

A Support System to Keep You Motivated

Meet some of our fitness experts.



LYNNEA D.

Lynnea loves to motivate and inspire others to reach their health and fitness goals. With over 10 years of experience teaching dance fitness classes, Lynnea is here to help you have fun and feel your best.



SARA J.

Sara's high energy and extreme training style will help bring you to a new level of fitness. Sara is a 15-year veteran of the fitness industry who has spent time as a nutritionist, instructor, and personal trainer. She is energetic and passionate about helping people achieve healthy results.



NATE M.

This results-driven personal trainer has more than 20 years of experience. Nate brings high energy to his classes while prioritizing safety, correct form, and proper muscle engagement. He has experience training all ages and abilities, including professional athletes.



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