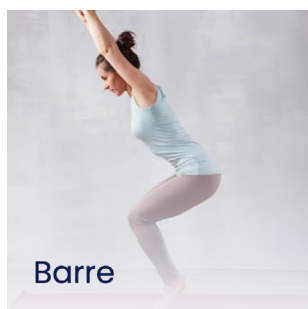
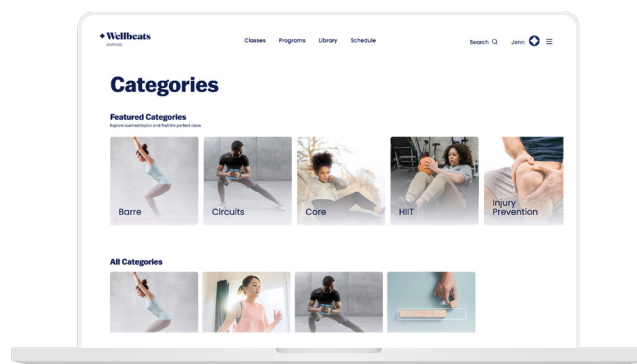


Category Catalog

Wellbeats *Wellness*, a product of LifeSpeak Inc., is a virtual wellness offering to help members live a healthier life. Explore 1,200+ fitness, nutrition, and mindfulness classes in a variety of categories for all ages, levels, abilities, and interests. Select “Classes” in the main menu to view all categories.



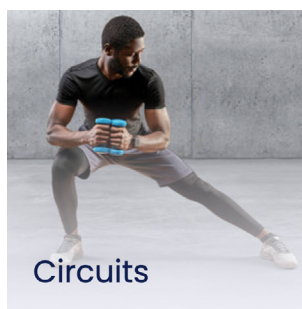
Barre

**BALLET INSPIRED
WORKOUTS**



Cardio

**GET YOUR HEART
RATE UP!**



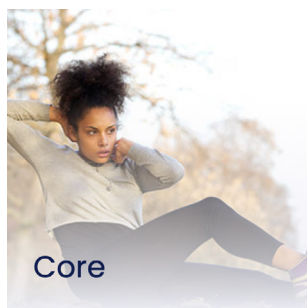
Circuits

**STRENGTH &
CONDITIONING**



Cooking
Education

**CULINARY SKILLS FOR
EVERYONE**



Core

**BUILD A FOUNDATION FOR
MOVEMENT**



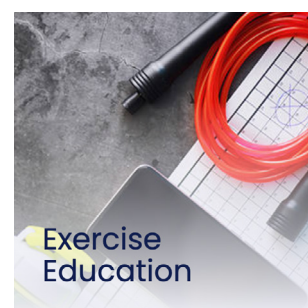
Cycle

**INTERVALS, SPRINTS,
CLIMBS, AND MORE**



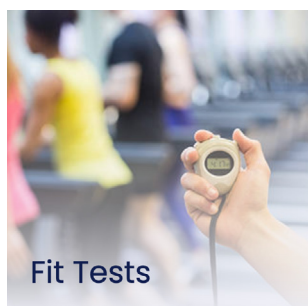
Dance

**CARDIO-FOCUSED DANCE
WORKOUTS**



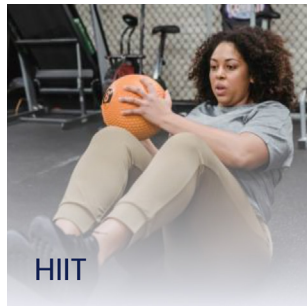
Exercise
Education

**LEARN PROPER FORM AND
TIPS FOR SUCCESS**



Fit Tests

MEASURE YOUR PROGRESS



HIIT

**HIGH INTENSITY INTERVAL
TRAINING**



Injury
Prevention

EVERYDAY MOBILITY



Kids / Youth

**MOVEMENT-FOCUSED
CLASSES FOR AGES 3-14**



Mindful
Movement

GO EASY ON YOUR JOINTS



Meditation

FIND YOUR FOCUS



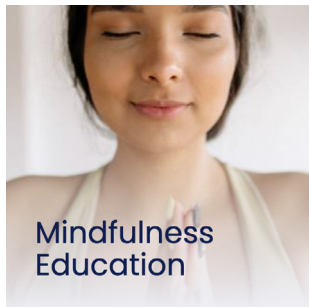
Mental Wellness

**EMOTIONAL WELLNESS -
ONLINE THERAPY**



Mindful
Movement

**CONNECTING THE MIND TO
MOVEMENT & BREATH**



Mindfulness
Education

WHAT IS MINDFULNESS?



Nutrition
Education

**LEARN THE BASICS OF
HEALTHY EATING**



Pilates

**A CORE AND MOVEMENT
MINDSET**



Pregnancy

**PRE/POST NATAL
WORKOUTS & MORE**



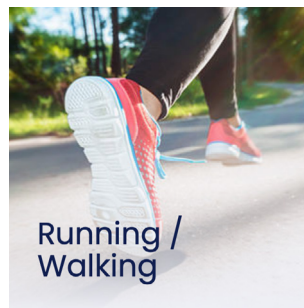
Recipes

**DELICIOUS RECIPES TO
NOURISH YOUR BODY**



Recovery

STRETCH & RELEASE



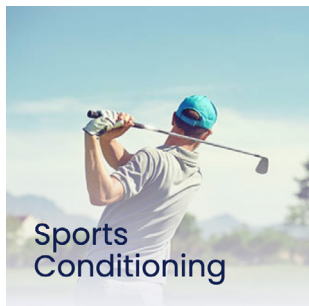
Running /
Walking

**TREADMILL AND OUTDOOR
OPTIONS - GET AFTER IT!**



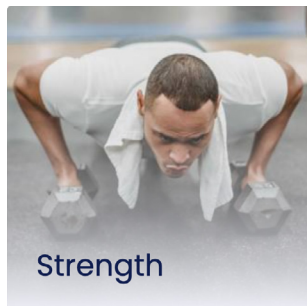
Seniors

**ACTIVE AGING - IMPROVE
MOBILITY & STRENGTH**



Sports
Conditioning

**PREPARATION AND
PERFORMANCE**



Strength

MUSCLE CONDITIONING



Warm Up /
Cooldown

**GET WARM OR COOLED
DOWN**



Work Breaks

**ACTIVE AT WORK -
RECHARGE YOUR DAY**



Yoga

**YIN, HATHA, SCULPT,
FUSION AND MORE**



portal.wellbeats.com
support@wellbeats.com

Actual design and navigation may vary depending on your device.