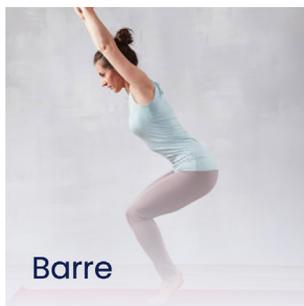
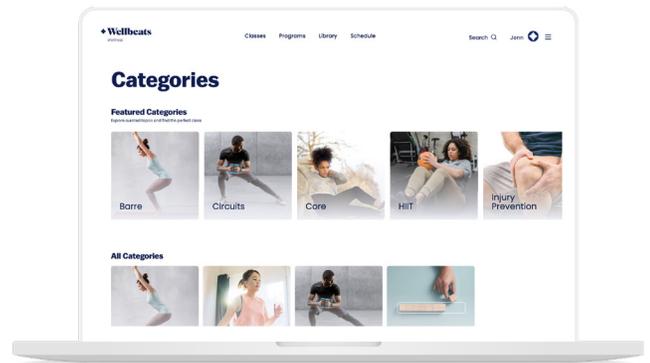


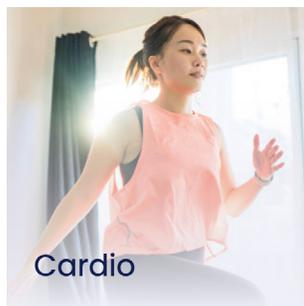
Category Catalog

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.



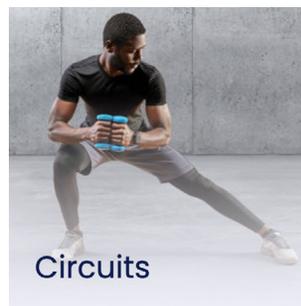
Barre

BALLET INSPIRED WORKOUTS



Cardio

GET YOUR HEART RATE UP!



Circuits

STRENGTH & CONDITIONING



Cooking Education

CULINARY SKILLS FOR EVERYONE



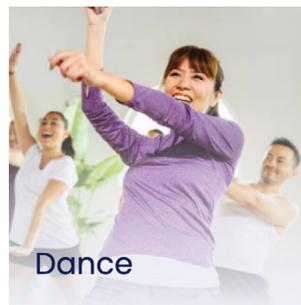
Core

BUILD A FOUNDATION FOR MOVEMENT



Cycle

INTERVALS, SPRINTS, CLIMBS, AND MORE



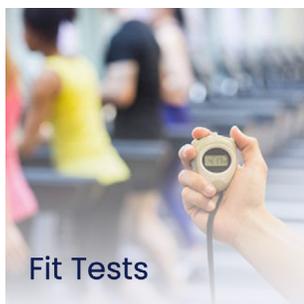
Dance

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



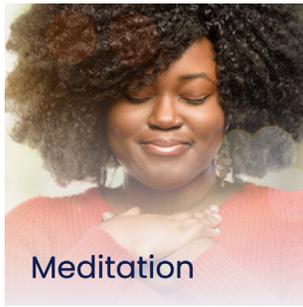
Kids / Youth

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



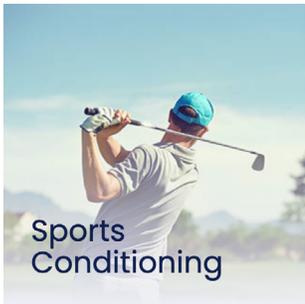
Running / Walking

TREADMILL AND OUTDOOR OPTIONS - GET AFTER IT!



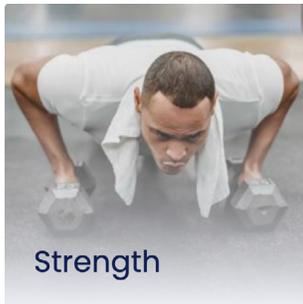
Seniors

ACTIVE AGING - IMPROVE MOBILITY & STRENGTH



Sports Conditioning

PREPARATION AND PERFORMANCE



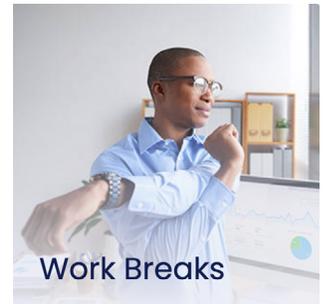
Strength

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.