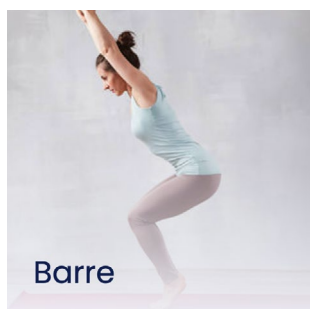
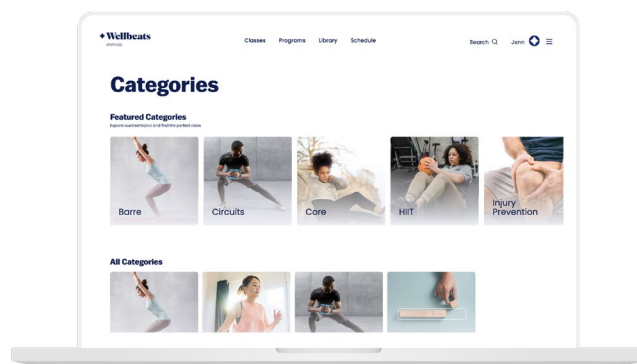


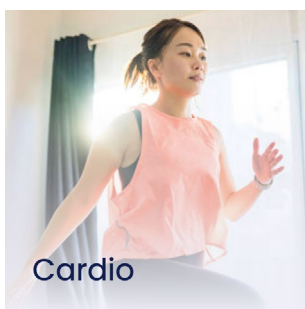
# Category Catalog

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.



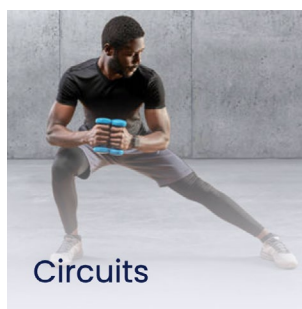
Barre

**BALLET INSPIRED WORKOUTS**



Cardio

**GET YOUR HEART RATE UP!**



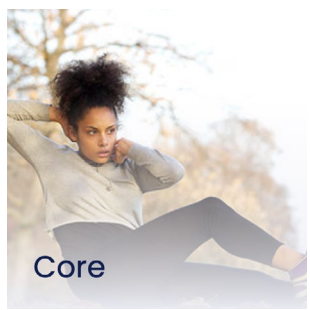
Circuits

**STRENGTH & CONDITIONING**



Cooking Education

**CULINARY SKILLS FOR EVERYONE**



Core

**BUILD A FOUNDATION FOR MOVEMENT**



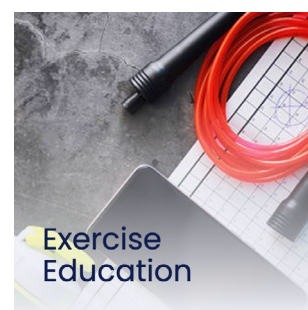
Cycle

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



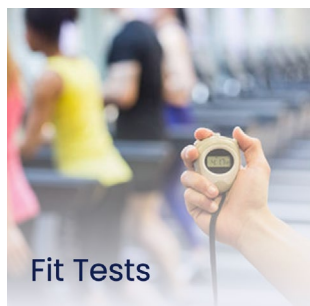
Dance

**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**



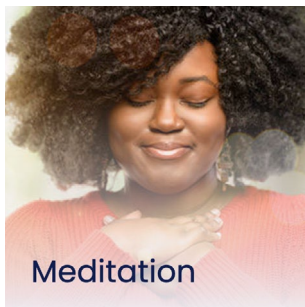
Kids / Youth

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



Low Impact

**GO EASY ON YOUR JOINTS**



Meditation

**FIND YOUR FOCUS**



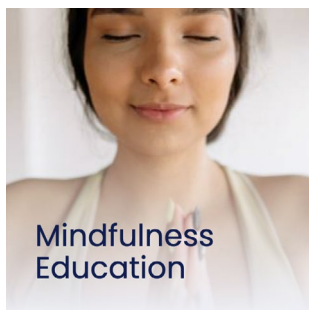
Mental Wellness

**EMOTIONAL WELLNESS -  
ONLINE THERAPY**



Mindful  
Movement

**CONNECTING THE MIND TO  
MOVEMENT & BREATH**



Mindfulness  
Education

**WHAT IS MINDFULNESS?**



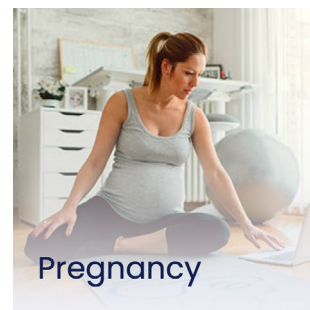
Nutrition  
Education

**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**



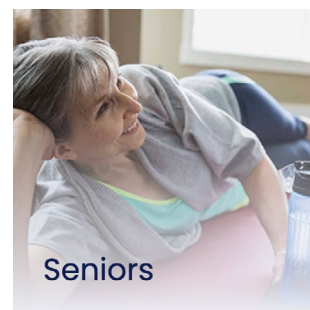
Recovery

**STRETCH & RELEASE**



Running /  
Walking

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



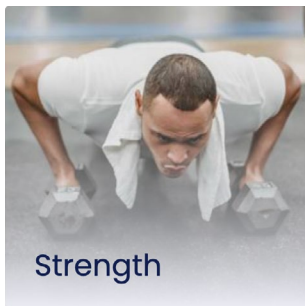
Seniors

**ACTIVE AGING - IMPROVE  
MOBILITY & STRENGTH**



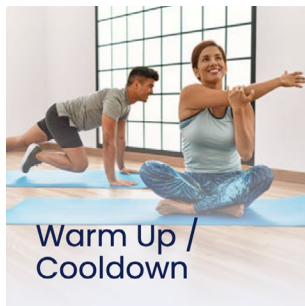
Sports  
Conditioning

**PREPARATION AND  
PERFORMANCE**



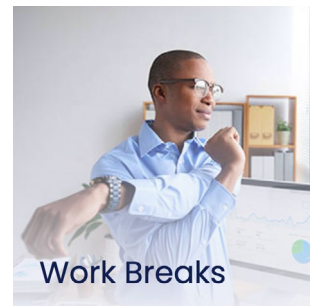
Strength

**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](https://portal.wellbeats.com)  
[support@wellbeats.com](mailto:support@wellbeats.com)

*Actual design and navigation may vary depending on your device.*