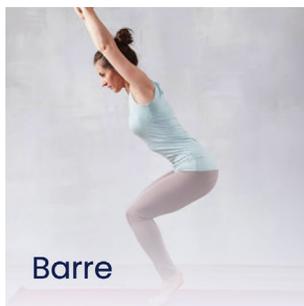
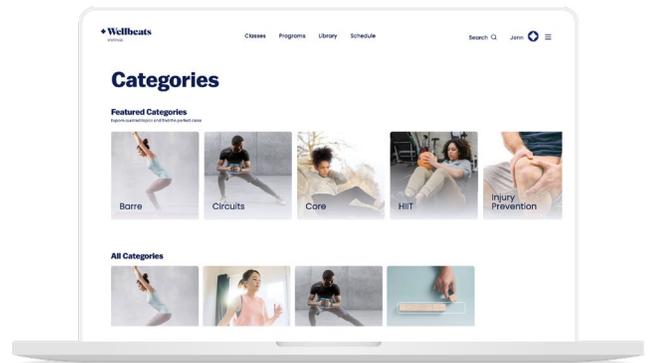


Category Catalog

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!



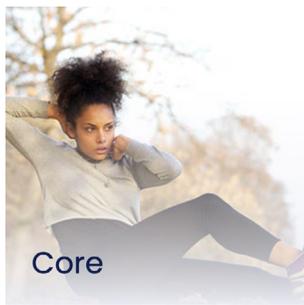
Circuits

STRENGTH & CONDITIONING



Cooking Education

CULINARY SKILLS FOR EVERYONE



Core

BUILD A FOUNDATION FOR MOVEMENT



Cycle

INTERVALS, SPRINTS, CLIMBS, AND MORE



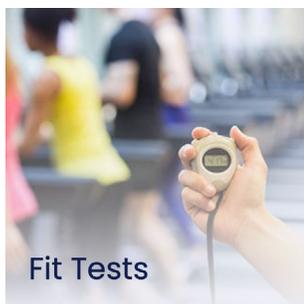
Dance

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



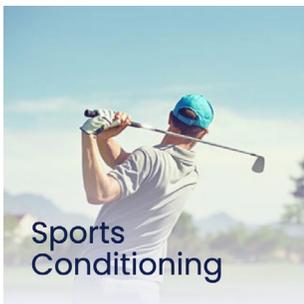
Running /
Walking

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



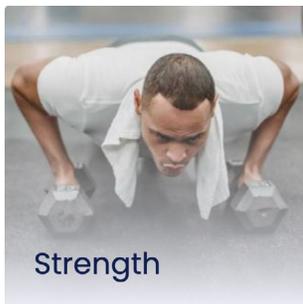
Seniors

**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**



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support@wellbeats.com

Actual design and navigation may vary depending on your device.