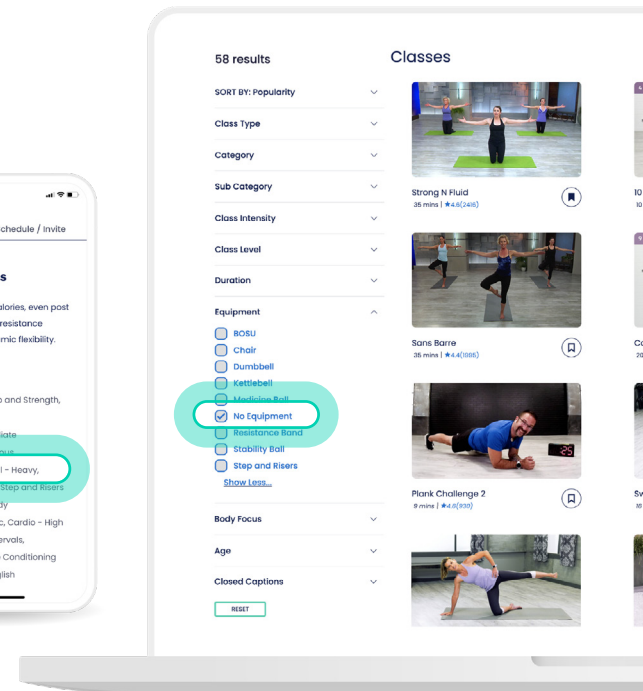
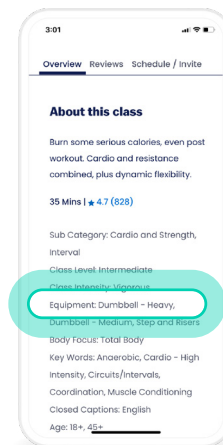


Wellbeats Equipment List

Wellbeats *Wellness*, a product of LifeSpeak Inc., is your virtual wellness offering to help you live a healthier life. This includes fitness, nutrition, and mindfulness classes for all ages, levels, abilities, and interests.

You can check if a class requires equipment in the class details under “About This Class”.

Many Wellbeats *Wellness* classes do not require any type of equipment. Search for classes according to the equipment you have available using the class filtering tool.



Resistance Bands



Yoga Mat



Dumbbells



Steps and Risers



Studio Cycle Bike



Kettlebells



Barbells



Yoga Block



Stability Ball



Medicine Ball



Treadmill



Body Bar



Foam Roller



Yoga Strap



Lacrosse Ball