



# Find Your Fit Program

4 Weeks // Equipment Needed:  
Dumbbells, Chair, Towel, Yoga Mat

Are you just getting started exercising or in a rut? Learn the movements that feel good for you and your body and set you on a path to real results with the 4-week “Find Your Fit” program!

Developed and coached by Wellbeats instructor Katie Haggerty, this program includes a series of 8 progressive classes that will teach you how to perform basic strength and cardio movements to kickstart your fitness journey.

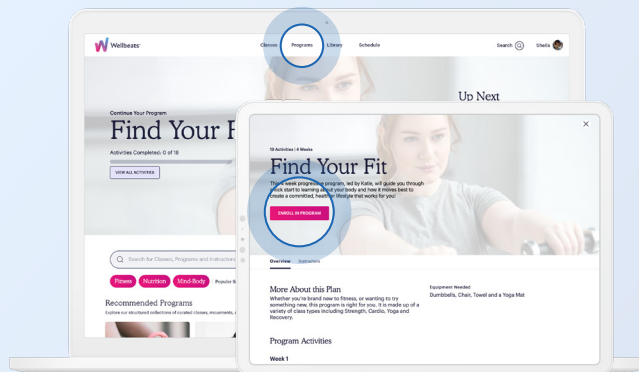


**“I only have 2 rules for when we meet: be kind to yourself and have fun!”**

- Katie Haggerty, Wellbeats Instructor

About Wellbeats Instructor Katie Haggerty  
Katie earned a bachelor’s degree in Kinesiology and is an ACE Subject Matter Expert and Group Fitness Instructor. She also earned a 200-hour yoga training certification and is co-founder of The Move For Good. Known for her positive attitude and motivation, you will leave each class feeling empowered and strong.

## How to Join the Wellbeats “Find Your Fit” Program:



**Step 1:** In your Wellbeats account, select “Programs”

**Step 2:** Choose the Find Your Fit Program

**Step 3:** Select “Enroll in Program”



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