

Wellbeats™

Content Release Friday, December 20th

Wellbeats is excited to announce the release of 16 new classes! Check out **Barre Core** for the perfect blend of barre and Pilates, **10-Minute Ride** for a quick cycling session, **Unfold Me** for relief after a day of sitting, **Battle of the 'Bells** for a strength-training challenge, or even **HIIT the Slopes** for a circuit that is designed exclusively for skiers and boarders!

From stretching to circuits, barre to cycling, strength training to yoga, this new release is sure to have something for you. Don't forget to share your progress with us on Facebook or Instagram using #Wellbeats so we can give you a shout out.

For a full list of what's new, check out the classes below:

Sports Ready



HIIT the Slopes 28 minutes

If you're ready to shape, tone, and strengthen all the muscles you use in your skiing and boarding sports, then this 28-minute, high-intensity circuit is made for you!

High Intensity Cardio, Interval Training, Toning/Sculpting

Intensity: Beginner, Intermediate, Advanced
Equipment: Dumbbells



Stable and Steady 11 minutes

This quick workout will help build strength, stability, and balance for all your skiing sports!

Steady Aerobic, Cardio and Strength

Intensity: Beginner, Intermediate



Ski Ready Circuit 20 minutes

This 20-minute, bodyweight-only circuit is designed to tone and strengthen all the muscles you use while skiing. Get ready to sweat!

TABATA Training, Interval Training,

Intensity: Beginner, Intermediate



Ski Smooth & Strong 22 minutes

Perform 2 quick sets of work to strengthen and stabilize your body and prepare you for your skiing sports!

Strength Training, Toning/Sculpting

Intensity: Beginner, Intermediate
Equipment: Dumbbells

Rev



Time to Elevate 20 minutes

Ready to create some power in your legs and your heart? This 20-minute ride will elevate you to new heights! Prepare for a little cardio bliss ahead...

Anaerobic, Steady Cardio

Intensity: Intermediate, Advanced
Equipment: Indoor Cycle Bike



Bridging the Gap 30 minutes

Get ready to build mental and physical strength in this exciting cycle class. It's going to take you to a new level and draw you closer to your goals.

Anaerobic, Cycle

Intensity: Intermediate, Advanced
Equipment: Indoor Cycle Bike

Kinetics



Battle of the 'Bells 30 minutes

Check out this cardio circuit using both dumbbells and kettlebells to drive strength and endurance. Challenge yourself to complete as many reps as possible (AMRAP) and have a little fun in the process!

Steady Aerobic, High Intensity Cardio and Strength

Intensity: Intermediate
Equipment: Dumbbell, Kettlebell



Dirty Dozen Circuit 20 minutes

Only 12 exercises...in 20 minutes! This circuit will push you, change you, and propel you to new heights! Get ready...and let's have some fun!

Steady Cardio, High Intensity, Interval Training

Intensity: Beginner, Intermediate, Advanced
Equipment: Resistance Band, Dumbbell

Recovery



Stretch & Roll 10 minutes

Here is your quick 10-minute stretch and recovery class for after your run, workout, or even on a rest day. Release and enjoy!

Stretch and Recovery

Intensity: Beginner
Equipment: Yoga Mat, Foam Roller



Unfold Me 5 minutes

Do you sit a lot throughout the day? This quick stretch will help release tension in your chest, back, and hips. Enjoy!

Body Weight, Stretch and Recovery, Office Exercises

Intensity: Beginner
Equipment: Chair

Time Savers



10-Minute Ride

10 minutes

Short on time? No worries! 10 minutes of cardio bliss is ready for you! Use it as a warmup, a quick cardio workout, or stack it with another workout!

Cardio, Steady Aerobic, Cycle

Intensity: Beginner, Intermediate, Advanced

Equipment: Indoor Cycle Bike



Warmin' Up

10 minutes

This quick, full-body warmup is designed to get you ready physically and mentally for your run, walk or workout!

Travel/On The Go

Intensity: Beginner, Intermediate



Med Ball Abs

10 minutes

This fast, ab-centric circuit is designed to strengthen every facet of your core! 4 moves, 3 times through... get ready to feel your abs!

Cardio, Steady Aerobic, Core Training, Toning/Sculpting

Intensity: Beginner, Intermediate

Equipment: Yoga Mat, Medicine Ball

Fusion



Barre Core

20 minutes

Here's your perfect blend of barre and Pilates to strengthen your core, back, and hips, while also improving balance.

Core Training, Pilates, Toning/Sculpting, Barre

Intensity: Beginner, Intermediate

Equipment: Yoga Mat, Chair



Move Your Spine

20 minutes

Get ready to move with this amazing yoga-Pilates blend that will give you better mobility and strengthen your back and mid-section.

Core Training, Yoga, Pilates

Intensity: Beginner, Intermediate

Equipment: Yoga Mat



Sweet Sixteen

16 minutes

Fire your core in every angle for 16 strong minutes! This fun, challenging workout will help you build a strong foundation.

Core Training, Pilates, Toning/Sculpting

Intensity: Beginner, Intermediate

Equipment: Yoga Mat

Some classes may take longer to appear in the system.
Available classes may vary according to your content subscription.



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