



Find Your Fit Program

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

Brought to you by Wellbeats *Wellness*, a product of LifeSpeak, Inc.

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 *Wellness* 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!”

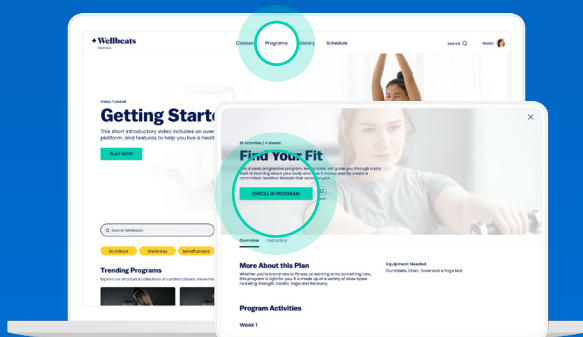
– Katie Haggerty, Wellbeats *Wellness* Instructor

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 infectious positive attitude and motivation, you will leave each class feeling empowered and strong.

Join the Find Your Fit Program

Actual design and navigation may vary depending on your device.



Download the app on the App Store, Google Play, or Apple TV

portal.wellbeats.com