



Wellness

PROGRAMS



Adaptive Fitness Programs

Welcome to the Wellbeats Wellness Adaptive Fitness Programs, where we empower you with accessible strength and mobility training to improve your movement and enhance daily living. Our classes are carefully designed to meet your unique needs, offering modifications and support every step of the way. Through strength training, you'll build power and endurance, while our mobility sessions improve flexibility and range of motion. Our programs give you curated classes to complete daily to keep you on track and motivated towards your health and wellness goals. Ready to get started?

Explore our Adaptive Fitness programs:



LIMITLESS STRENGTH

8 ACTIVITIES

DURATION: 2 WEEKS

Strengthen your upper body, increase endurance, and improve overall fitness to enhance your ability to move more energetically in everyday life. Whether your abilities are limited due to a chronic condition, disability, or injury, this program is perfect for you!

EQUIPMENT NEEDED:

Dumbbells of varying weights, light resistance tube for classes.

START PROGRAM



LIMITLESS MOBILITY

8 ACTIVITIES

DURATION: 2 WEEKS

This program will empower you to improve your upper body mobility so you can enjoy everyday activities with greater ease. Whether your abilities are limited due to a chronic condition, disability, or injury, this program is perfect for you!

EQUIPMENT NEEDED:

Light dumbbell and a light resistance tube.

START PROGRAM

LifeSpeak Inc.



Accessible on iOS, Android, Windows, and Web

portal.wellbeats.com

support@wellbeats.com