

Wellbeats™

NEW CLASS ALERT

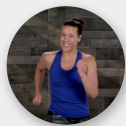


Explore what's new on Wellbeats!

Use the search bar (magnifying glass) in the upper right corner of the home screen to search the name of the class you'd like to play.



Kinetics



Body Check
19 minutes

No equipment - no problem! Join Acacia as she coaches you through this fun and energizing strength and cardio circuit class.

High Intensity Cardio



Countdown to Fit
29 minutes

Get ready to push your limits! Join Alex in a fantastic circuit workout to keep your heart, mind, and body engaged towards a stronger you!

High Intensity Cardio

Recovery



Renew & Recover
9 minutes

Enjoy this short reset-stretch class focusing on your hips, shoulders, hamstrings & quads.

Stretch and Mobility

Strides



Running Hills
26 minutes

Grab your treadmill and get ready for some hills, hills, and more hills! Carrie runs us through some intervals focusing on the power of the incline and you!

Running



Walking Hills
23 minutes

Enjoy this walking treadmill workout focusing on climbing some hills. The steady climbs will get your heart engaged and feeling stronger.

Walking

TKO



Focused Technique
17 minutes

To get the best results in your TKO classes, Becky walks you through proper technique with upper and lower body strikes and some blocks to round out this strong, quick workout.

Kickboxing

Mind-Body-Renew



Gratitude Meditation

30 minutes

In this practice, join Chance through a guided meditation and reflection on the power of gratitude. Simply redirecting our attention can create a blissful experience.

Mindfulness



Ocean Breath

27 minutes

In this practice, Chance guides us through the application and benefits of the Ocean Breath, a powerful foundation of holistic healing, emotional regulation, and neuroplasticity.

Mindfulness



Mindful Breath Meditation

11 minutes

This meditation with Nicole will help you let go of stress, learn to breathe more mindfully and continue to improve your meditation practice.

Mindfulness



Mindful Flow

40 minutes

This yoga class will incorporate slow and mindful movement for increased flexibility, strength and focus. This balanced practice will leave you feeling ready to take on the day.

Mindfulness, Yoga



Intro to Meditation

7 minutes

In this short meditation with Nicole you will experience the benefits of mindfulness, how to practice it and the many values of using meditation throughout your day.

Mindfulness



Body Scan Meditation

16 minutes

This mindfulness technique with Nicole helps you to relax muscle tension in your body, while calming your mind. By scanning your body, you will become aware of where you hold tension.

Mindfulness



Move with Mudras

32 minutes

In this Hatha Yoga inspired class, Sophia will incorporate the use of mudras, small hand gestures, to enhance the sense of being balanced and grounded to the earth.

Mindfulness, Yoga



Sukham Mudra

9 minutes

A mudra is a small, yoga-like hand gesture that is used to encourage the mind-body connection. Join Sophia as she guides us through the use of the Sukham mudra, a gesture of stress-relief.

Mindfulness



Be Here Now

15 minutes

Looking to throw your stress away? Join Greta as she guides you through a practice that will focus your thoughts and energy on the present moment. She will help you observe and "be" in the moment.

Mindfulness



Resting Within

26 minutes

Join Greta in this meditation practice, from the traditions of Yoga Nidra, that will allow your body's nervous system to "rest" and set aside the stress and heightened alertness that comes with life today.

Mindfulness



Finding Stillness

17 minutes

Based on the Taoist tradition of drawing a connection from a still point, this practice will center around a grounding to the earth and the ability to stay anchored despite the swirl of life that is in motion around you.

Mindfulness

Fusion

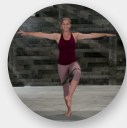


Long & Strong

21 minutes

Join Elizabeth in this mat Pilates workout to feel stronger in your core and taller in your spine.

Yoga, Pilates



Barre Band

17 minutes

Barre with a band? Yes please! Prepare to engage your core more evenly for a fun, energetic workout.

Pilates

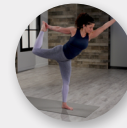


Sun Salutation Flow

33 minutes

This Sun Salutation focused yoga class will challenge you AND leave you feeling energized! Get ready to move and breathe.

Yoga



Stretch Flow Breathe

25 minutes

Enjoy this beautiful yoga practice focusing on flexibility & breath. Becky will guide you through each movement with calm and purpose.

Yoga, Stretch and Recovery

Definitions



Legs On Fire

21 minutes

Ready to shape and tone your legs? Elizabeth coaches you through exercises to get you stronger, faster!

Muscle Conditioning



Strong Play

21 minutes

Enjoy working out and getting stronger alternating between weights, bands, and YOU! Heather will keep you safe and motivated throughout this fun, quick workout.

Muscle Conditioning

Vibe



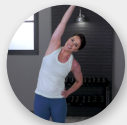
Rock The Beat

19 minutes

Let's dance! Enjoy the progression & funky choreography as Jeremiah dances with you towards a healthier you!

Dance

Time Savers



Intentional Balance

13 minutes

Get your day or your workout started strong with this quick yoga energizer. Breathe, stretch & enjoy!

Yoga



Strong Posture

8 minutes

Quick, strong workout designed to strengthen your back and postural muscles.

Muscle Conditioning

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

