

# Workout and Connect with Friends Virtually!

## Wellbeats™



**Feeling isolated or less connected with your peers?**

Missing that group fitness class you used to attend with your friends every week? You're not alone!



**With Wellbeats, you can invite friends to join a workout with you while staying in the comfort and safety of your own home.**

Whether it's challenging someone to a cardio workout or scheduling a morning yoga class every Wednesday with a friend, it's now easier (and more fun!) to stay happy, healthy, and more connected in your community.



### **Schedule, Sweat, Repeat**

**Need some extra accountability? Receive friendly reminders when you schedule Wellbeats classes to your calendar!**



### **See you in class?**

**Invite friends to your next workout for an extra dose of motivation!**