

WELLBEATS™ Class Descriptions

Bar Strong - Target all the major muscle groups using just a barbell set. Build strength and endurance while also improving balance and stability.

Bosu - Challenge your entire body using a BOSU® balance trainer to increase core stability, balance, coordination, and overall strength.

Circuits - Circuit training is a fast-paced workout that encourages you to perform as many repetitions as possible (AMRAP) with minimal rest in between each exercise.

Definitions - Build stronger, more defined muscles using primarily dumbbells. Get ready to feel empowered in this channel as you sculpt and tone your entire body.

eXpress - Kick your workout up a notch in just 20 minutes. These classes are designed to give you the maximum amount of training in the shortest period of time.

Fusion - Discover a unique fusion of yoga and Pilates in this channel. Improve your mind-body connection while building stronger, leaner muscles.

Kettle Power - Power up your training with the use of kettlebells. Stimulate every muscle in your body and improve core stabilization for a fierce, challenging workout.

Kinetics - Train your body with a blend of HIIT (high intensity interval training), weight training, and cardio. Fire up your metabolism in these quick-moving, total-body workouts.

Office Breaks - Need a quick break? This channel features simple movements you can do right at your desk in 8 minutes or less to boost energy, relieve stress, clear your mind, and more.

Pregnancy Express - Staying fit can be tricky when you are pregnant. These classes provide safe, feel-good exercises that will keep you active – even with a baby on board!

Recovery - These low intensity, restorative classes use various tools to increase your body's mobility and flexibility, while releasing muscle tension for both improved performance and recovery.

Rev - Whether you're a savvy cyclist or beginner, this channel offers options for every level. Blast calories and improve your performance on rides filled with intervals, sprints, climbs, and more.

Stomp - Step your way to a healthier body using a step riser platform. Follow along in a series of choreographed steps to elevate your heart rate and burn calories.

Time Savers - Looking for an efficient workout in 15 minutes or less? This channel is perfect for you! From yoga to kickboxing to circuits, get your workout done in no time.

TKO - Kick, punch, and strike your way through a blend of martial arts-inspired kickboxing. Get ready to unleash your inner fighter!

Transitions - Maintain your strength and mobility throughout any life transition using these anti-aging exercises. These classes focus on keeping both your body and mind strong and healthy.

Vibe - Get ready to shake it! These fun, cardio-focused workouts feature a variety of dance styles including Latin, urban, hip-hop, and more.

Silver & Fit - Designed for those 65 and up, the Silver & Fit channel will keep you active while also improving balance, agility, coordination, and strength

Zumba - In these introductory Latin-inspired dance classes, learn the basic steps of Zumba featuring elements of salsa, samba, merengue, and more.