

Wellbeats Channels



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.



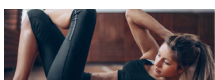
Fusion

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!



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.



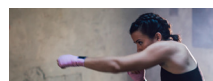
Stomp

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.



Zumba

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