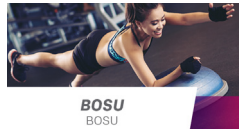


# Wellbeats Channels

With Wellbeats, it's easy to play classes on-demand anytime, anywhere. You can choose from 30+ category-based channels, such as Fusion (Yoga/Pilates), Strides (Running/Walking), Nourish (Nutrition), Rev (Cycling), Kinetics (HIIT), and Circuits (Strength/Conditioning). New content and features are regularly added.



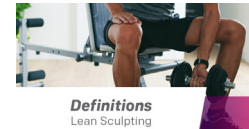
Target all the major muscle groups using just a barbell set. Build strength and endurance while also improving balance and stability.



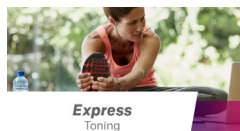
Challenge your entire body using a BOSU® balance trainer to increase core stability, balance, coordination, and overall strength.



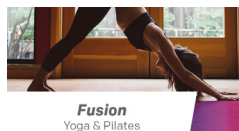
Circuit training is a fast-paced workout that encourages you to perform as many repetitions as possible (AMRAP) with minimal rest in between each exercise.



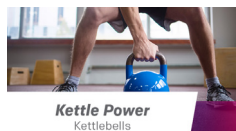
Build stronger, more defined muscles using primarily dumbbells. Get ready to feel empowered in this channel as you sculpt and tone your entire body.



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.



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



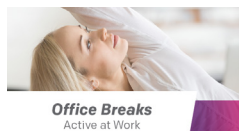
Power up your training with the use of kettlebells. Stimulate every muscle in your body and improve core stabilization for a fierce, challenging workout.



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.



This channel is all about giving you an easy way to learn the basics of healthy nutrition, plus providing simple recipes to make it both fun and enjoyable to eat well.



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.



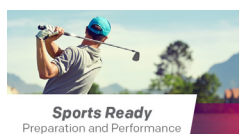
Staying fit can be tricky when you are pregnant. These classes provide safe, feel-good exercises that will keep you active – even with a baby on board!



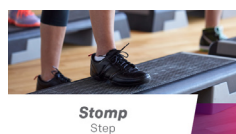
These low intensity, restorative classes use various tools to increase your body's mobility and flexibility, while releasing muscle tension for both improved performance and recovery.



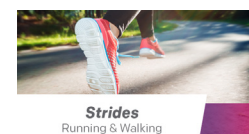
Whether you're a savvy cyclist or beginner, this channel offers options for every level. Blast calories and improve your performance on rides filled with intervals, sprints, climbs, and more.



Whether you're an athlete or just getting started, Sports Ready is your go-to channel for sports preparation and performance. Classes will improve muscular strength while reducing the risk of injury during sports-related activity. Game on!



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.

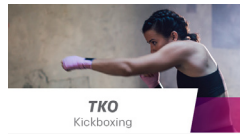


It's never been easier to get your cardio on. Whether you're an experienced runner, frequent jogger, or simply enjoy walking outside, the Strides channel will feature classes for both treadmill and outdoors.



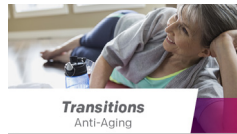
**Time Savers**  
15 Minutes or Less

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.



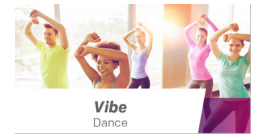
**TKO**  
Kickboxing

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



**Transitions**  
Anti-Aging

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**  
Dance

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



**Zumba**  
Intro & Basic Steps

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



**Managing Anxiety**  
eMLife

Are you letting anxiety take control of your present? Learn a variety of tips and best practices to unwind your mind and manage any fears or worries.



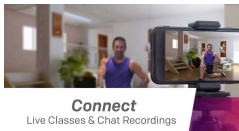
**Mindful Eating**  
eMLife

Bring mindfulness to the table. In this channel, you will learn how to take control of your eating habits with topics such as comfort food temptations, fullness cues, dealing with peer pressure and so much more.



**Mindfulness at Work**  
eMLife

Does your work day ever leave you feeling depleted or anxious? Whether in an office, at home or on-the-go, learn how you can properly manage workplace stress.



**Connect**  
Live Classes & Chat Recordings

Go behind-the-scenes and replay Wellbeats live workouts and Q&As led by some of the top healthy and fitness experts in the industry. Includes a combination of nutrition, fitness, and mindfulness classes.

## Kid's Channels



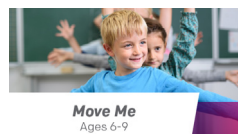
**BOSU Sports Kids**  
Ages 6-14

BOSU® sport, to develop balance, core strength, coordination & sensory abilities.



**Generation Fit**  
Ages 6-14

Each age grouping includes basic movement patterns and locomotor skills, setting kids up for quality of functional motion.



**Move Me**  
Ages 6-9

MOVE ME!™ is fitness in disguise. Jen brings her infectious personality to empower kids in a truly unique and FUN way!



**Purposeful Play**  
Ages 3-5

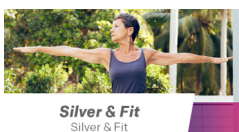
Basic movement patterns and locomotor skills to set children up for quality of functional motion through story telling.



**Sports Ready Kids**  
Ages 6-14

An overriding method of 'prehab', a preventative and skill enhancement program for any child currently engaged in or wants to play sports.

## Silver & Fit



**Silver & Fit**  
Silver & Fit

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