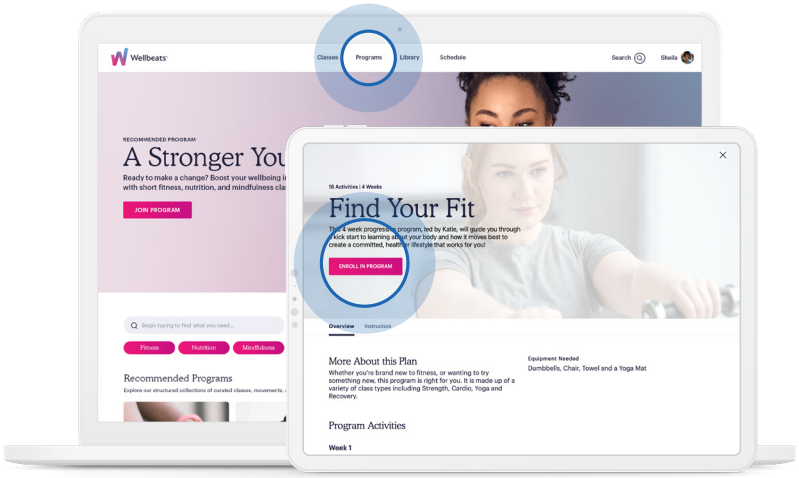
Wellbeats™

Wellbeats Program Catalog

Wellbeats makes it simple for members to reach their goals by following our 2-8 week programs. Enroll in a plan directly from the Wellbeats app and follow the day-by-day calendar of recommended classes.





A Stronger You

2 Weeks

This 14-day plan is perfect for when you need to hit the "reset" button and start fresh. You will be given a daily workout, activity, and/or tip to help you become more resilient in mind and body.

Download Calendar



Athletic Performance Level 1

3 Weeks

Are you ready to take your fitness to the next level? This program walks you through a series of circuit-style classes to engage your muscles in a new and different way - igniting your body to perform better in everything you love to do. These foundational classes are designed to help you be your best while moving and keep you safe.

Download Calendar



Athletic Performance Level 2

3 Weeks

Level 2 is all about progression, taking the foundation we experienced in Level 1, and improving on our performance and how our body responds. These next level classes are designed to help you continue to be your best while moving and keep you safe.

Download Calendar



Build Strength

6 Weeks

If you have not experienced barbell and/or kettlebell training or are looking to increase your strength, this plan is for you. Along with barbell and kettlebell classes, you'll get one day each week of focused core training, which is necessary when lifting heavy weights. We've included a Fit Test at the beginning and end of this plan to give you a starting benchmark and help you measure progress and results.

Download Calendar



Commit to Fit

3 Weeks

Inspired by the US Air Force's Physical Fitness Test prep, this plan is designed to help you advance in endurance, strength, and cardio fitness. Whether you're training for a fitness assessment or simply looking to maximize your own potential, this program will help you perform your best. Track your progress with a Wellbeats Fit Test at the start and end of the program to see how far you've come. Ready to improve your overall fitness level? Then join Commit to Fit!

Download Calendar



Create Your Calm

2 Weeks

Calming yourself improves your mental and physical wellbeing. This “Create Your Calm” plan includes a 2-week schedule of mindfulness, breathing, and meditation-style classes to help you to pause, breathe, and create calm. All classes are under 30 minutes.

Download Calendar



Cycle Strong

4 Weeks

This plan is designed for the fitness enthusiast to increase cardiovascular fitness, core strength and improve flexibility. You will participate in Wellbeats cycle classes which require an Indoor Cycle Bike and offer a fun cardio workout. We have also included a handful of non-cycle classes to help work your core and stretch tight muscles after a cycle workout!

Download Calendar



Daily Mobility

3 Weeks

Improve your mobility, stabilization, and strength in just 3 weeks. Created by Dr. Grant Norland, this program includes daily exercises to improve mobility in common pain-point areas such as low back, knees, neck, ankles, and shoulders.

Download Calendar



Every Move Matters

4 Weeks

Make every move and minute count! This plan helps you build healthy habits, make progress, and feel both mentally and physically strong - even when life gets busy. For 4 weeks, you will be supported with a well-rounded plan of workouts, nutrition classes, and mindfulness prompts for a healthier you.

Download Calendar



Family Fitness Fun

4 Weeks

Stay healthy and get moving together! This plan is designed for families and kids ages 6 and up to help stay active, have fun, and experience a variety of workouts - including strength training, dancing, circuits, and yoga.

Download Calendar



Find Your Fit

4 Weeks

This 4-week progressive program, led by Katie, will guide you through a kickstart to learning about your body and how it moves best to create a committed, healthier lifestyle that works for you! Whether you are brand new to fitness or wanting to try something new, this program is right for you. It is made up of a variety of classes including strength, cardio, yoga, and recovery.

Download Calendar



Fit for Fall

4 Weeks

Get back into a wellness routine with this 4-week “Fit for Fall” program! Enjoy the cool, crisp air with running/walking classes coached by Olympian Carrie Tollefson, plus strength training workouts, calming meditations, wellness prompts, and fall-inspired recipes to stay healthy and strong all season long.

Download Calendar



Game On

3 Weeks

Calling all athletes and sports enthusiasts! This 3-week plan is a great way to keep your stamina and athletic performance sharp. Includes sport-specific training classes designed to improve strength and conditioning, flexibility, core stability, and balance, while reducing the risk of injury and muscle soreness. If you’re looking for a safe and effective alternative to get back in the game, this plan is perfect for you. Ready? Game on!

Download Calendar



Get Fit 1

4 Weeks

This plan is meant to help you increase your cardio fitness, muscle strength, tone and endurance. You'll participate in a varied program, 5 days a week, 20 or 35 minutes each session. Each week includes resistance training, kickboxing, interval training, targeted classes for abs, core, arms and glutes, and a stretch day after a full week of training.

Download Calendar



Get Fit 2

5 Weeks

Increase your muscular endurance, stamina, tone and strength using only your bodyweight as resistance against the floor. We've included a Fit Test at the beginning and end of this plan to give you a starting benchmark and help you measure progress and results.

Download Calendar



Get Fit 3

8 Weeks

This plan is meant to help you bust a plateau, strive for peak performance, and get you in the best shape of your life. Utilizing both interval training (alternating high intensity with active recovery) and resistance training, these classes challenge you every workout. We've included a Fit Test at the beginning and end of this plan to give you a starting benchmark and help you measure progress and results.

Download Calendar



Get Started

4 Weeks

New to fitness or returning after some time away? This 4-week program is welcome for all levels and abilities. Safely ease into a healthy routine with a variety of fun workouts (including strength training, yoga, HIIT, and barre) + beginner-friendly meditation exercises and healthy eating tips.

Download Calendar



Get Started 1.0

4 Weeks

Congratulations on making the choice to start your fitness journey! This plan offers basic exercises, requires minimal time and equipment and gets you off to a great start. We've included a Fit Test at the beginning and end of this plan to give you a starting benchmark and help you measure progress and results.

Download Calendar



Get Toned

5 Weeks

Tone your body in 20 minutes a day! Each week, you'll do six different types of classes: core, upper body, lower body, total body, cardio and yoga. The seventh day is a stretch and recovery class. Each week follows the same pattern, but with new and different classes.

Download Calendar



Give Me a Work Break

4 Weeks

Feeling stressed or anxious at work? Studies show short breaks throughout the day can help manage stress and improve productivity. This program includes short exercises and mindfulness techniques to increase energy and focus.

Download Calendar



Healthy Back

5 Weeks

Build a strong back to help prevent pain or injury in this 4-week program! A healthy back is key in performing exercises with proper form to avoid injury and can also help improve posture and balance. This plan includes 3-5 classes each week including yoga, strength training, and circuits so you can have a better back in no time. Let's get back at it!

Download Calendar



Healthy Holiday

2 Weeks

Do you struggle with maintaining healthy habits during the busy holiday season? You're not alone! Keep your wellness in check with this 14-Day Healthy Holiday Program. This plan is designed to keep you on track, stress less, and provide extra encouragement along the way. Each week you can enjoy healthy holiday-approved recipes, mindful eating and hydration tips, gratitude meditations, and quick workouts to cope with stress and help you feel your best during the holidays.

Download Calendar



Healthy Together

2 Weeks

This workout plan is designed to bring us together (even while apart)! Invite a friend to join you for some fun dancing, HIIT (high intensity interval training), and yoga classes + friendly reminders and prompts to nurture ourselves, our relationships, and build a stronger, healthier community.

Download Calendar



Improve Core Strength

4 Weeks

Target your core with classes that challenge your stability, strength and endurance. Each week follows the same pattern, but with new and different classes.

Download Calendar



Increase Flexibility

4 Weeks

Designed to increase your joint mobility, circulation and body balance, this plan will help you feel stretched, revitalized and invigorated. You'll get an essential minimum of 20 minutes of daily activity to improve your health and well-being while releasing tight muscles and improving flexibility.

Download Calendar



Intro to Strength

6 Weeks

Over a 6-week period, Kris coaches you through 8 unique strength-based classes designed to get you stronger. You will learn how to safely move your body while performing movement patterns with resistance.

Download Calendar



Lose Weight

8 Weeks

This plan is ideal for a new exerciser or someone who hasn't exercised in 6-12 months. The classes in the plan are based on the science of weight loss and proven to be the most effective way to lose weight and keep it off. We've included a Fit Test at the beginning, halfway through and at the end of this plan to give you a starting benchmark and help you measure progress and results.

Download Calendar



Maintain Don't Gain

4 Weeks

This plan is designed to provide you quick, yet highly effective 20-minute workouts, with days off in between for busy shopping and holiday partying. You get an overall, total body plan using only a portable resistance band and your own bodyweight to help not only maintain your current fitness level and weight, but also annihilate mega calories by week's end!

Download Calendar



Maintain Don't Gain 2.0

4 Weeks

Enjoy the fun holiday season - without the guilt! This 4-week plan is a great way to stay on track during busy seasons with a combination of HIIT, kickboxing, and strength training exercises. Each week, you will complete at least 3 workouts - all just 30 minutes or less. This program is here to help you move your body and feel good without the stress or guilt.

Download Calendar



Move with Heart

4 Weeks

Need some extra motivation to get moving? When you enroll in the Move with Heart Program, you help support the families of HopeKids. This 4-week plan includes 3 classes per week focused on elevating your heart rate, relieving stress, and boosting your mood. Classes are instructed by our top trainers to encourage and motivate you every step of the way. Rotate through a combination of cardio, strength training, and yoga - all just 30 minutes or less!

Download Calendar



Nourish Your Everyday

2 Weeks

Not sure how to cook nutritious meals? Struggling with eating "the right" foods? No matter where you are, this 2-week plan is a quick way to learn the basics of healthy eating and nutrition.

Download Calendar



Relieve Stress

4 Weeks

When dealing with stress, some need to power down, relax and recoup, while others prefer a high intensity training session to blow off steam. To accommodate both styles of stress relief, the plan provides two different energy-level classes each exercise day. The first class listed will help you relax while the second class listed will get your heart pumping.

Download Calendar



Show Your Pride

5 Weeks

The classes throughout this 5-week plan begin with the letters LGBTQIA and PRIDE - designed to help us all feel PRIDE! The diversity of classes showcase fitness, nutrition and mindfulness for all ages, genders, and ability levels.

Download Calendar



Stress Less

2 Weeks

Calm your mind and body in this 14-day "Stress Less" program. Includes a day-by-day schedule of yoga, cardio, mindfulness, stretching, and nutrition classes to manage stress and promote a healthy, positive mindset.

Download Calendar



Stride with Pride

2 Weeks

Celebrate and champion your own unique style in this fun, two-week dance program. No dance experience? No problem! Instructor Jeremiah coaches you through every move to help you stride with pride, regardless of your skill or ability level. We have moves for everyone from beginners to experts! If you're ready to feel empowered, inspired, and energized, join us for two weeks of fitness and fun. Grab your sneakers and get your sweat (and shine) on!

Download Calendar



Take Care of You

4 Weeks

Feel like you're running on empty by the end of the day? Do you tend to put your own needs last? Take some time to refocus on you and your wellbeing. This 4-week program includes a daily schedule of classes to restore energy, elevate your mood, and focus on your own health and happiness. Choose whichever class option fits your needs on any given day: whether it's a relaxing meditation or yoga class (such as "Gratitude Meditation" and "Therapeutic Yoga"), or a feel-good workout (such as "Power Circuits" or "Sunrise Run").

Download Calendar



Train for a 10K

8 Weeks

Whether you're a seasoned runner or preparing for your first 10K, this workout plan is perfect for you. Over the course of 8 weeks, you will be coached by Olympian runner Carrie Tollefson in a variety of running workouts. Runs can be completed outdoors or on the treadmill. Mixed in are optional rest days and recommended cross-training classes. So let's lace up those running shoes, it's time to get 10K-ready!

Download Calendar



Train Your Way to a 5K

5 Weeks

Training for a 5K? New to running? With this workout plan, Olympian runner Carrie Tollefson will coach you step-by-step through running (or walking) workouts whether on the treadmill or outdoors. Balance out your cardio progression with additional strength training, yoga, and recovery options each week. This plan is designed to build your endurance, strength, and best of all... get you prepared and ready to take on a 5K!

Download Calendar



Yoga at Home

4 Weeks

If you're feeling overwhelmed or stressed, this yoga-at-home program can help! Start fresh each day with yoga classes that can provide peace and control in both mind and body. For 5 days each week, our certified virtual instructors will guide you through a series of yoga poses to help manage stress, increase flexibility, and build strength. This plan can be completed anywhere, even with limited space and equipment.

Download Calendar



Work(Out) from Home

4 Weeks

No gym? No problem. All you need is your own bodyweight for this 4-week, at-home plan designed for limited time and space. For 5 days each week, our team of certified, virtual instructors will guide you through a combination of cardio and HIIT workouts to elevate your heart rate, boost energy, and decrease stress.

Download Calendar



You in Mind

2 Weeks

Feeling stuck or looking for support in improving your health and wellbeing? This exploratory program is a sampling of Wellbeats' fitness, nutrition, and mindfulness classes to guide you in living a happier, healthier lifestyle. Psychotherapist Hector provides short mindfulness check-ins as you navigate through the program to practice self-reflection, strengthen mind-body connection, and keep your health and wellbeing top of mind.

Download Calendar

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Actual design and navigation may vary depending on your device.

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