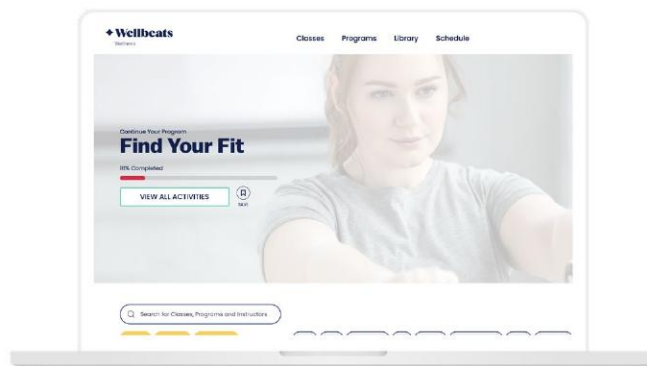


# Program Catalog

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



## **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.

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## **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.

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## **BARRE FITNESS** 3 Weeks

Barre Fitness is designed to strengthen your mind and body through skill-based movement patterns coached exclusively by Katie! Get ready to feel empowered and more confident with your movements through this program.

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## **BEGINNER YOGA** 3 Weeks

Are you new to yoga or simply want to try a variety of styles? This is the program for you! Yoga can help you increase flexibility, build strength and help you manage stress. The benefits are endless! Our certified virtual instructors will guide you through different styles of yoga to help you learn the basics and find what type of yoga practice suits you best. This plan can be completed anywhere, even with limited space and equipment. Namaste!

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## **BUILD CORE STRENGTH** 3 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. Grab a friend and set a goal together!

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## **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.

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### 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.

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### CYCLING STRONG

3 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! Grab a friend and set a goal together!

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### 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.

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### 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.

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### 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.

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### 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.

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### FOAM ROLLING RECOVERY

2 Weeks

Over a period of two short weeks, this program explores a variety of instructor-led and circuit-style classes that will help you recover quicker, help prevent injuries, and enable you to move better in your everyday activities.

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### FOOD & MOOD

2 Weeks

Whether you’re experiencing the blues or in need of a pick-me-up, food can be powerful way to improve your mood and energy. This program is led by functional nutritionists and chefs and is for anyone looking for ways to eat healthier and feel happier.

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### 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!

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### 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.

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\*This program is seasonal with limited availability in the platform.



### 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.

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### 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.

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### GETTING STARTED SAMPLER

3 Weeks

Try a variety of cardio, strength, mind-body and nutrition classes to get you started on your path to wellness! Each week you'll do a cardio format, strength class, mind-body format like yoga, a beginner mindfulness style class and then finish off the week with healthy eating tips. You'll get to experience a taste of class offering while building healthy habits over the next three weeks!

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### 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.

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### 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.

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### 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!

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### 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.

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### HIP RECOVERY

3 Weeks

Keeping our hips mobile enables us to move with more freely in our daily activities with less discomfort. This program focuses on stretching and lengthening all the muscles in and around our hips to ensure we are prepared to live an active life. A compliment to this program would be Strong Hips, which focuses on not just mobility, but strengthening the hip area completely.

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\*This program is seasonal with limited availability in the platform.



### IMPROVE FLEXIBILITY

3 Weeks

Designed to increase your joint mobility, circulation and flexibility; this plan will help you feel stretched, revitalized and invigorated. You'll get mobility, stretching and foam rolling classes to improve your health and well-being while releasing tight muscles and improving flexibility. Grab a friend and set a goal together!

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### INTRO TO MINDFULNESS

2 Weeks

These simple, beginner-level classes are designed to introduce us to mindfulness and how we can be mindful in our every day lives with easy to follow instruction and classes. If you are a veteran in the mindful community, these classes are also a great reminder and refresher on how to stay mindful throughout our day.

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### INTRO TO MUDRAS

2 Weeks

Sophia walks us through 12 of her favorite mudras, or hand gestures, in conjunction with short meditations. Each one has a different meaning and benefit, but they all will benefit your mind, body, soul connection. Take a few moments in your day and explore how Mudras can benefit you throughout your day.

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### 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.

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### KNEE MOBILITY

2 Weeks

Our knees are so intertwined with multiple muscles and joints, it requires a lot of attention to keep us mobile and free from discomfort. This program walks us through a daily mobility circuit to help strengthen all the muscles associated with moving our knee, in addition to some strengthening and lengthening classes to solidify this heavily used joint and the surrounding muscles.

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### LIFTING WITH CONFIDENCE

3 Weeks

In just three short weeks, not only will you build confidence as you work out, Elizabeth will expertly guide and coach you through this lifting program that will help take the mystery out of how to strengthen, shape, and tone your entire body in just three classes per week. Try it once - discover what you love - then do it again!

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### 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.

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### MAINTAIN DON'T GAIN\*

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.

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\*This program is seasonal with limited availability in the platform.



### **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!

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### **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.

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### **QUICK FITNESS AT HOME**

3 Weeks

No gym? No problem. All you need is your own bodyweight for this 3-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, strength and stretching/recovery workouts to boost energy, strengthen and tone and decrease stress. Find a little space and get started!

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### **REST AND RESTORE**

2 Weeks

Good sleep is essential for overall health and wellbeing. This 2-week program consists of 4 classes per week, aiming to support better sleep and help you wake up feeling refreshed each morning. You can choose between restorative yoga, stretching, or calming meditation to unwind and prepare for a restful night's sleep.

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### **RUNNING STRONGER 1**

2 Weeks

Welcome to Part 1 of this 3 part program designed to help you run stronger, farther, safer, and healthier. Every class is designed to give you the proper strength, flexibility and recovery to aid in your current and future runs and make you feel more successful. Feel free to try this program as often as you need. Once you feel ready to progress, Part 2 is waiting for you!

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### **RUNNING STRONGER 2**

3 Weeks

Welcome to Part 2 of this 3 part program designed to help you run stronger, farther, safer, and healthier. Every class is designed to give you the proper strength, flexibility and recovery to aid in your current and future runs and make you feel more successful. Feel free to try this program as often as you need. Once you feel ready to progress, Part 3 is waiting for you! Remember, you can always go back to Part 1 anytime too!

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### **RUNNING STRONGER 3**

3 Weeks

Welcome to Part 3 of this 3 part program designed to help you run stronger, farther, safer, and healthier. Every class is designed to give you the proper strength, flexibility and recovery to aid in your current and future runs and make you feel more successful. Feel free to try this program as often as you need. Remember, you can always go back to Part 1 and 2 as often as you feel you need to!

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### **SHOULDER RECOVERY**

2 Weeks

Our shoulders are one of the most over-worked joint in our body and has a lot of facets. This program guides you through some classes that will help stretch all the muscles in and around your shoulders to help alleviate discomfort and avoid injury. Feel free to utilize this program in conjunction with other strength or cardio-based classes to bring about a well-rounded fitness routine.

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### **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.

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### **STRESS RELIEF**

3 Weeks

This three week stress relief plan provides 4 classes each week that focus on breathing techniques, gentle yoga, tai chi and yin yoga to calm your body and mind.

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### **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!

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### **STRONG & CENTERED**

4 Weeks

This program is designed for everyday athletes, those looking for more energy, better posture, and a deeper connection and understanding of their body and how it moves.

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### **STRONG HIP**

2 Weeks

Our hips are so intertwined with both our upper and lower body, it is so important we keep them strong to help support what we love to do. Developing strong hips enables us to not only move more effectively in daily life, it also sets us up to live free from discomfort in our legs and lower back. A fantastic complimentary program to this one is Hip Recovery, which focuses on stretching and lengthening all the muscles in our hips.

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### **STRONG SHOULDERS**

2 Weeks

This program is all about strengthening most of the muscles that interact with our shoulder joint we use on a daily basis. Whether you are looking to build strength, or prevent an injury, these classes will provide a solid foundation for your entire shoulder.

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### **SUPPORTIVE FOODS**

2 Weeks

We know that food feeds and fuels us beyond just fulfilling hunger or cravings - nutrients in what we eat, drink and add to our foods (such as herbs and spices) can improve countless aspects of our lives. This program looks at foods (and associated nutrients) that support our health. It will provide specific food examples and recipes to incorporate into your daily meal routine.

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### **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”).

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### **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!

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### 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!

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### WELLNESS TIME SAVES

2 Weeks

Short on time? This 14-day program is perfect for when you need to hit the

“reset” button and start fresh but have limited time. You will be given a short daily workout, mindful activity or nutrition tip all in less than 10 minutes to help you become more resilient in mind and body!

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### 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 Wellness’ 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.

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*Actual design and navigation may vary depending on your device.*



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