

Wellbeats™ June Class Schedule

Classes are on-demand, led by virtual instructors and FREE in June!



Class	Length	Age	Description	Intensity
Time Buster *NEW* • Mon-6:00am	20	18+	Cardio and strength. Combine simple, efficient movements to help tone your muscles and keep your heart pumping. This class turns your body into a metabolic powerhouse!	Vigorous
Stable N Strong • Mon-6:30am	35	18+, 45+	Yoga. Build stability and strength in your core using Pilates-inspired exercises for a challenging, total-body workout with a stability ball.	Moderate
Heart Healthy • Mon-8:15am	50	45+	Cardio and strength. This circuit class gets you active and energized with easy-to-follow low-impact moves combined with conditioning and balance, plus a stretch for better mobility.	Light
Silver and Fit • Mon-9:15am • Thurs-9:15am	50	65+	Senior. For the active, athletic older adult, looking for a challenging free-standing workout. Increase heart health, muscle endurance, strength, mobility and balance.	Moderate
Silver and Fit • Wed-8:15am • Thurs-8:15am	35	65+	Senior. For the active, athletic older adult, looking for a challenging free-standing workout. Increase heart health, muscle endurance, strength, mobility and balance.	Moderate
Total Body Burn • Mon-4:15pm	35	18+	Toning/Sculpting. Sculpt your entire body through progressions that focus on your upper body, lower body, and then combine everything to really feel the burn!	Vigorous
TKO Athletica *NEW* • Mon-5:15pm	50	18+	Kickboxing. In this WELLBEATS Classic, experience a creative combination of basic punches, kicks and elbow techniques combined with athletic moves like jump rope and jacks. This is a powerful, knockout experience!	Vigorous
Fast N Furious • Wed-5:15am	35	18+	Cardio and strength. Combine 60 seconds of resistance training with 30 seconds of high intensity plyometric movements to push your muscular limits.	Vigorous
Perfect Blend • Wed-6:00am	35	18+, 45+	Yoga. This WELLBEATS Classic offers all the benefits of yoga and Pilates with a mix of both disciplines. Improves muscle strength, stamina, balance and targets the core.	Moderate
Fit 360 *NEW* • Wed-9:00am	50	18+, 45+	Cardio and strength. Everything you need to optimize your overall health and fitness—balance, mobility, strength and cardio!	Moderate
Moon Salutation • Wed-6:15pm	35	18+, 45+	Yoga. This WELLBEATS Classic is all about strong, powerful standing poses—Crescent Moon, Goddess Pose, Triangle, Lunges and more. A tribute to the powerful forces of the moon's affects.	Moderate
Perfect Punches • Wed-7:00pm	35	18+	Kickboxing. In this WELLBEATS Classic, put more power behind your punch. Take both your body and mind into the movements as you slip, bob 'n weave, kick and punch your way to your best shape ever.	Moderate
From All Angles • Thur-5:15am	20	18+, 45+	Core Training. This WELLBEATS Classic literally works every part of your midsection. We include some traditional ab crunches to make sure you get a flat, firm belly.	Moderate
Dynamic Pilates • Thur-5:45am	35	18+, 45+	Pilates. Pilates builds a solid strength foundation for the entire body, to gain tone and mobility for all your muscles. This begins by training a stable and strong core—a trademark of Pilates classes.	Moderate
Purposeful Play • Thurs-10:15am	15	3-5	Purposeful Play. Teaches body awareness, basic movement patterns and loco motor skills for children—experienced through story telling.	Light
Long and Lean *NEW* • Thur-6:15pm	35	18+, 45+	Toning/Sculpting. Put your muscles to the test. Use different types of muscle contractions to build long, lean, strong muscles. This class gives you an edge on sculpting the body you want.	Moderate
Refreshing Flow • Thurs-7:00pm	50	18+, 45+	Yoga. In this WELLBEATS Classic, energize your body as you flow through yoga & Pilates sequences that are challenging, yet gentle, targeting the core, buns, hips and thighs.	Moderate