

Wellbeats™ August Class Schedule

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



Class	Length	Age	Description	Intensity
Spin Class <ul style="list-style-type: none"> • Mon-6:00am • Wed-6:15pm • Thurs-5:15am 	35	18+, 45+	Spin Class. Indoor cycling cardio class that involves different combinations of sitting or standing, leg speed (revolutions per minutes) and resistance. ** SPACE IS LIMITED! **	Moderate, Vigorous
Yoga Stretch <ul style="list-style-type: none"> • Mon-6:45am 	20	18+, 45+, 65+	Yoga. Feel more flexible, mobile, and relaxed in this series of yoga-based stretches that are perfect for before or after a workout.	Light
Heart Healthy <ul style="list-style-type: none"> • 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 <ul style="list-style-type: none"> • Mon, Wed, 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 <ul style="list-style-type: none"> • 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
Obliques Plus <ul style="list-style-type: none"> • Mon-4:30pm 	20	18+, 45+	Kettlebells. An all-out torso attack. Three 5-min. circuits, each uses cardio, muscular endurance & strength moves for a total body blast!	Moderate
Torch <ul style="list-style-type: none"> • Mon-5:15pm 	35	18+	Kickboxing. Scorch calories, while alternating kickboxing moves and muscular endurance training, using a resistance band. TKO favs Sean & Heather team teach this power packed class!	Vigorous
All In <ul style="list-style-type: none"> • Wed-5:15am 	20	18+	Cardio/Strength. Challenge your fitness capacity by bringing specific muscles to their max—all in! Short yet so very effective!	Vigorous
Pick Me Up <ul style="list-style-type: none"> • Wed-5:45am 	30	18+, 45+	Yoga. A yoga/Pilates practice that will energize and invigorate you no matter what time of day; no caffeine required!	Moderate
Clean & Strong <ul style="list-style-type: none"> • Wed-8:15am 	20	18+, 45+	Kettlebells. Designed to build body balance, strength and stability, using the "Clean" plus other classic strength moves for a quick, focused workout.	Moderate
Strong N Fluid <ul style="list-style-type: none"> • Wed-7:00pm 	35	18+, 45+	Yoga/Pilates. This WELLBEATS Classic is a pure Pilates inspired class designed to tone and balance your entire body, emphasizing your core muscles throughout class, which is why Pilate is so effective.	Moderate
Perfect Blend <ul style="list-style-type: none"> • Thurs-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
TKO Tabata <ul style="list-style-type: none"> • Thurs-6:15pm 	35	18+, 45+	Kickboxing. This WELLBEATS Classic is a knockout! Kickboxing combos alternate with four minutes of Tabata - a format of high intensity interval drills.	Vigorous
Pure Sculpt <ul style="list-style-type: none"> • Thurs-7:00pm 	20	18+	Toning/Sculpting. This WELLBEATS Classic leaves you gratified that you nailed your workout. You start heavy then drop down to light weights, increasing reps as you go.	Moderate
Walk and Talk <ul style="list-style-type: none"> • August 21st-10am 	30	All ages	Come to a FREE education session presented by a FirstLight Health System Employee! Members are encouraged to bring a guest. All attendees will receive a giveaway!	