

## Wellbeats™ January Class Schedule

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



Class	Length	Age	Description	Intensity
<b>Heart Healthy</b> <ul style="list-style-type: none"> <li>Mon-8:15am</li> </ul>	50	45+	<b>Cardio and strength.</b> 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
<b>Silver and Fit</b> <ul style="list-style-type: none"> <li>Wed-9:15am</li> <li>Thurs-9:30am</li> </ul>	50	65+	<b>Senior.</b> For the active, athletic older adult, looking for a challenging free-standing workout. Increase heart health, muscle endurance, strength, mobility and balance.	Moderate
<b>Silver and Fit</b> <ul style="list-style-type: none"> <li>Mon-9:15am</li> </ul>	35	65+	<b>Senior.</b> For the active, athletic older adult, looking for a challenging free-standing workout. Increase heart health, muscle endurance, strength, mobility and balance.	Moderate
<b>Spin Class</b> <ul style="list-style-type: none"> <li>Mon-5pm</li> <li>Wed-6:15am</li> </ul>	35	18+, 45+	<b>Spin Class.</b> Indoor cycling cardio class that involves different combinations of sitting or standing, leg speed (revolutions per minutes) and resistance. <b>**SIX SPIN BIKES AVAILABLE**</b>	Moderate, Vigorous
<b>Class Choice</b> <ul style="list-style-type: none"> <li>Mon-6:15am</li> </ul>	20-35	18+, 45+	Choose a class from one of the channels! Anything from yoga, Zumba, sculpting, step and more!	
<b>Open Studio</b> <ul style="list-style-type: none"> <li>Mon-4pm</li> <li>Wed-8:15am</li> </ul>			Come check out the classroom – come to stretch, do your own workout, or try a Wellbeats video!	
<b>Yoga Class</b> <ul style="list-style-type: none"> <li>Wed-7am</li> </ul>	20-35	18+, 45+	<b>Yoga.</b> Discover a unique fusion of yoga and Pilates. Improve your mind-body connection while building stronger, leaner muscles.	Light, Moderate
<b>Kettlebell Class</b> <ul style="list-style-type: none"> <li>Wed-7am</li> </ul>	20	18+, 45+	<b>Kettlebells.</b> Power up your training with the use of kettlebells. Stimulate every muscle in your body and improve core stabilization for a fierce, challenging workout.	Moderate, Vigorous
<b>HIIT Class</b> <ul style="list-style-type: none"> <li>Thurs-8:45am</li> </ul>	20/35	18+, 45+	<b>HIIT Class.</b> 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.	Moderate, Vigorous