

Wellbeats™ June Class Schedule

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



Class	Length	Age	Description	Intensity
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"> • Wed-9:15am • Thu-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"> • Mon-9:15am • Wed-8:30am 	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
Yoga Class <ul style="list-style-type: none"> • Mon-7:15am • Wed-10:15am 	20-35	18+, 45+	Yoga. Discover a unique fusion of yoga and Pilates. Improve your mind-body connection while building stronger, leaner muscles.	Light, Moderate
Spin Class <ul style="list-style-type: none"> • Thu-6:15am 	35	18+, 45+	Spin Class. Indoor cycling cardio class that involves different combinations of sitting or standing, leg speed (revolutions per minutes) and resistance. **SIX SPIN BIKES AVAILABLE**	Moderate, Vigorous
Open Studio <ul style="list-style-type: none"> • Thu-8:15am 			Come check out the classroom – come to stretch, do your own workout, or try a Wellbeats video!	
HIIT Class <ul style="list-style-type: none"> • Thu-7am 	20/35	18+, 45+	HIIT Class. 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