

◆ Wellbeats

Wellness

Your Fitness, Your Pace.



Summer's calling, and it's your perfect chance to embrace a fitness routine that truly fits you. Whether you're taking your first steps, looking for a steady rhythm, or ready to sprint towards new goals, Wellbeats has something for everyone. As a benefit, you get access to Wellbeats *Wellness*; offering **thousands of on-demand** programs designed to support your unique fitness journey.

HERE ARE SOME FITNESS PROGRAMS FOR DIFFERENT STAGES AVAILABLE ON WELLBEATS:



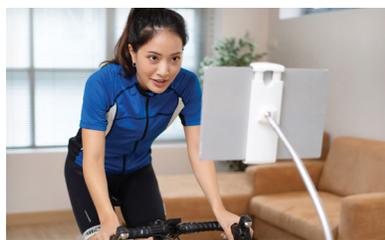
Get Fit: Begin
21 activities | 3 weeks



Enhanced Strength
8 activities | 2 weeks



Quick Fitness At Home
15 activities | 3 weeks



Cycling Strong
15 activities | 3 weeks



Stride with Pride
6 activities | 2 weeks

If you are looking for more fitness programs on Wellbeats, you can find them [here](#).

Ready to ring in the summer?

Log into your Wellbeats *Wellness* account and participate in a class today!



Download the app
on the App Store or
Google Play

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