

## **W**ellbeats

## **FITNESS IS FOUNDATIONAL**

Stay in shape with fitness at your fingertips. Train your mind and body with fitness assessments, strength and muscle conditioning workouts, and more ondemand classes to help you perform your best.

## **WHAT'S INCLUDED:**

- 500+ high quality, 1-60 minute videos
- 31 channels, no equipment options, for every age, interest and ability
- Recommendation engine used to personalize and serve up content
- Goal-based challenges and fitness assessments
- Highly certified, relatable instructors
- Safe and education based
- Track progress and results

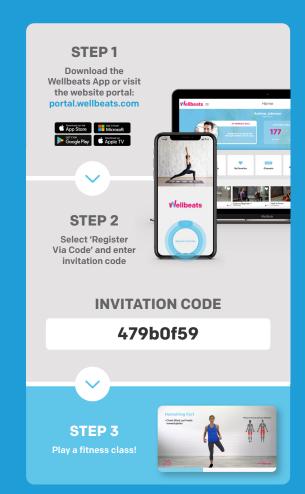
support@wellbeats.com wellbeats.com







FREE ACCESS UNTIL JAN 31, 2021
GET STARTED IN 3 EASY STEPS



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