

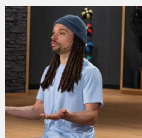
WELLBEATS FOR ALL

Celebrate Black History Month with Us!

All February long, we will be lifting up the voices of our amazing Black instructors here at Wellbeats Wellness, a product of LifeSpeak Inc.

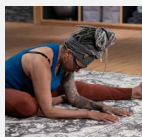


YOU CAN PARTICIPATE IN CLASSES BY OUR AMAZING BLACK INSTRUCTORS ALL MONTH LONG. ENJOY CLASSES LIKE:



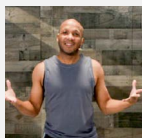
SOFTEN YOUR HEART

Join Chance in this short meditation designed to create space to soften our thoughts and the connection to our heart.



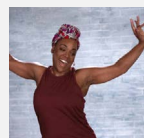
NO PROPS YIN

This class teaches us how to balance our practice with patience, breathing, and stretching without using props or support.



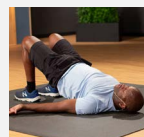
FUN 90'S FLAIR

It's time to groove to the rhythm of the 90's - find the beat, have some fun, and you'll wonder where the time went!



CARIBBEAN RHYTHMS

Enjoy this quick journey into the Caribbean Islands with some moves that will make you smile and sweat!



BALANCE & BEYOND

This low impact class is designed to help with our overall stability and balance as we navigate everyday life. All you need is a set of light hand weights...or just your own bodyweight!



Download the app on the App Store, or Google Play.

portal.wellbeats.com
support@wellbeats.com

*Actual design and navigation may vary depending on your device.

WELLBEATS DIVERSITY, EQUITY, AND INCLUSION MISSION

At Wellbeats Wellness, we strive to provide ALL humans the opportunity of health and wellbeing. We value and support everyone regardless of gender identity or expression, sexual orientation, religion, ethnicity, age, neurodiversity or disability status, citizenship, socioeconomic status, culture, or any other aspect which makes them unique. We have a global community and we want to reflect that inside our walls, as well as within the content used to support our members. We know that different ideas, cultures, perspectives, and backgrounds create a stronger and more creative work environment that delivers better results.