



## WELLBEATS EXERCISE CLASSES – ANYWHERE, ANYTIME!

The Wellbeats Program provides a solution to help you become your best self. Choose from over 350 **FREE** classes. Use your mobile device, tablet, computer or Smart TV. Just download the Wellbeats app.

Wellbeats offers a variety of classes ranging from quick stretching exercises to intense 50-minute intense, full-body workouts. There are workouts for every interest, including yoga, bar, kickboxing, circuits, kettle, strength training, vibe, cycling and everything in between. Instructors will motivate and guide you through the fun, energizing workouts. Challenge yourself with a Wellbeats class today!

You will only be able to register via the Wellbeats web portal below and not via the app. There are two ways to take advantage of this exciting new **FREE** fitness offer:

1. Click on or download this link <https://portal.wellbeats.com/#/register/08a8ae49> to register
2. Go to [www.wellbeats.com](http://www.wellbeats.com), click on Login, then select 2.0 Portal. Click on “Register via Activation Code” and enter 08a8ae49.

If you have any questions, please contact me at [flocastro1@wphospital.org](mailto:flocastro1@wphospital.org) or at extension 2539.

