NOW AVAILABLE AT UCC!

GROUP CLASSES
ALL DAY, EVERY DAY

BROWSE
through dozens of classes on our touch-screen kiosk.

SELECT
the class that works for you at the time that works for your schedule.

GET RESULTS
from classes that are convenient, motivating and fun!

Fusion
yoga/ Pilates meld

Vibe
world beat dance

Rev
performance studio cycling

Stomp
all around step

Kinetics
total body conditioning

TKO
kickboxing conditioning

Transitions
active aging, 45+

Definitions
straight sculpt

eXpress
fast, efficient fitness

Choose from over 75 engaging, results-driven classes! Each genre offers a series of classes with various time lengths and instructors. Our multi-level teaching approach meets you right where you are on your wellness journey. Whether you’re a first timer or a group fitness junkie - we have a class for you!

Fitness Classes on-demand! What you want, when you want!

Contact Darleen Padilla 414-384-3100, 2810
for more information and get started today!
Wellbeats Studio Room

Whether age 8 or 70, this is great for any Fitness Center, a training athlete, fitness enthusiast or just giving it another try, WELLBEAT has a variety of classes that will fit your needs and lifestyle. WELLBEATS offer original programming that they create and update quarterly, as well as partner and select programs from industry-leading brands that complement their own.

In an industry where creativity reigns, and every week there is a hot new class being touted as the best way to create a metabolic burn, proprietary programming trademarks the brand. With WELLBEAT original programming, they have created an incredibly successfully shooting style which is to create as authentic of a live experience as possible. Their instructors are uniquely trained to describe and correct movement as if they were standing next to you.

Their original programming allows them to always keep their pulse on industry trends, while always keeping an ear towards the customers and creating programming that’s appropriate for the needs of the industries they serve.

Wellbeats classes (Benefit for members)

Kickboxing, Cycling, Zumba, Stomp, Fusion Mind(Yoga, Pilates), Move me for kids, Silver and Fit, Kinetic Series, (Multy-activity classes, Sport Style, Cardio Interval, Weight Training, Circuits), Shorts Intense workouts, Transition Series, staying active strong and vital, Stress Release, Vibe, Dance.

System Components

Intuitive touch-screen kiosk
Speakers
TV or projector and HD screen
For more information please contact,

Darleen Padilla
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United Community Center
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