

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!



WELLBEATS

WELLBEATS.com



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

Fitness Center Coordinator

United Community Center

1028 South 9 Street

Milwaukee, WI 53204

P. (414) 384-3100 Ext. 28