



WellBeats classes are classes on a video that project onto a large screen for participants to easily follow along to. To participate, sign in at the front desk. You may participate in a class if there is no other class happening in the space at that time. Please check our class schedule at <http://www.quantico.usmc-mccs.org/index.cfm/semper-fit/physical-fitness/group-exercise/> to make sure there is no other class at the time you wish to use WellBeats. Most of the classes on the schedule are in the Group Exercise room, except Yoga and Monday Pitiayo which is in the Health Promotion classroom. Please note there may be other activities in those spaces other than Group Ex classes, so it is best to call 703-784-2339 to check on the space. Participants must be at least 16 years or older. For the Rev classes in the cycle room, you will need to find a Personal Trainer staff to unlock that room. There is a sign-in sheet for Rev in that room, so you don't have to go all the way downstairs.

Below are several class options on WellBeats you may choose from. (There are more than just these classes).



WellBeats Rev Cycle: Rev offers a wide variety of classes, from hill days to endurance rides, time trials, interval training and recovery rides.



These high intensity classes offer a powerful combination of cardio intervals, bodyweight conditioning and resistance training.



Vibe are dance-based fitness classes that offer fun ways to move including Latin beats, Hip Hop and more.



Easy to follow step classes designed for all levels of steppers, even those who have never tried step.



Fusion integrates Pilates and Yoga exercises with attention to breath, form, flow and balance. (All Fusion classes are in the Health Promotion classroom).



TKO blends different martial arts disciplines together to get you moving with combinations of punches, kicks, strikes, and more.



Transitions is a multi-level mix of cardio, resistance training, balance, mobility and awareness skills for improving overall health.