

Looking for exercise you can do at home? WellBeats to the rescue!

Tuesday, April 7, 2020

For those of you looking to take an exercise class in the privacy of your home, here's some good news for you -- WellBeats is at your finger tips! Yes, the very same WellBeats some of you are familiar with at our Tuscany Falls Fitness Studios! We have arranged for these exercise programs to now be available to you at home for FREE through April 30. Don't let the coronavirus stop your exercise program! WellBeats is an easy-to-use on demand fitness mechanism that offers you 500+ high quality, 1 to-60 minute videos. Once you login, you'll have access to it all, in a variety of fitness offerings; stretching, anti-aging, dance, vibe, kettlebell and more. Some of the classes require equipment, but I am confident you can make do with what you have in your house, or modify the workouts. The key at home, just like when you are at the studio, is to pace yourself and not overdo it.

How to get access:

Download the **WellBeats App** or use your desktop computer – visit: **portal.wellbeats.com**

Select "REGISTER VIA CODE" and enter this invitation code: **5E129551**

Play a fitness class

It's just that easy! Once you enter via the invitation code, you need register with an e-mail address and password. The form will pop up, and you'll see the address of our TF Studios (which has our license). You can also stream/cast WellBeats to your television, which helps recreate the physical system experience you are familiar with at the studios. [Click here for an explanation of how to do that](#). Have questions? Let me know and I'll see what I can do to help, email me

at: melissa.kallett@robson.com.

Stay Healthy...wash your hands...and do your part to flatten the curve.

Source: Melissa Kallett, Recreation Director