

WELLBEATS Kiosk Library as of May 2015

Channel	Instructor	Class Name	Time Length	Description	May 2015 Release!
Fusion	Dawn D	Yoga Booty	20	<u>YOGA BOOTY</u> brings a yoga twist to shape, tone and lift the bum with poses to challenge 'every booty!' Get ready for bum burning yoga to increase mobility and core strength too! Yoga mat, bare feet.	New!
Fusion	Darcy	Stable N Strong	35	<u>STABLE & STRONG</u> is a fun way to strengthen your core-where stability, strength and power come from. Do Pilates on the ball for a challenging, total body workout. Stability ball, yoga mat, bare feet.	New!
Fusion	Erin	Blissful Hips	50	<u>BLISSFUL HIPS</u> focuses on strengthening and stretching your hips-maybe the most overused, overworked area of our body! You'll feel relaxed, stretched and more balanced overall. Yoga mat, bare feet.	
Fusion	Dawn D	Bring the Heat	20	<u>BRING THE HEAT</u> while building core strength and flexibility. You'll be challenged to stay focused as you progressively build on key yoga & Pilates postures from start to finish. Yoga mat, bare feet.	
Fusion	Darcy	Strong N Fluid	35	<u>STRONG 'N FLUID</u> is a Pilates inspired program, designed to tone and balance your entire body; with emphasis on your core muscles which is what makes Pilates so ultra-effective. Yoga mat, bare feet.	
Fusion	Baron	Yoga Burn Firm	20	<u>YOGA BURN & FIRM</u> uses a mix of classic yoga postures melded with resistance move, using a resistance band to become stronger, leaner and energized. Yoga mat, resistance band.	
Fusion	Erin	Sans Barre	35	<u>SANS BARRE</u> is a total-body yoga and Pilates inspired sculpting routine, infused with elements of classic barre training, minus the barre, challenging your core stability. Yoga mat, bare feet.	

Fusion	Dawn D	Strong Centered	50	<u>STRONG & CENTERED</u> builds strength and endurance with poses that tap into your mind-body awareness and focus. You'll feel physically strong, empowered and mentally centered. Yoga mat, block, bare feet.	
Fusion	Erin	Fusion Tutorial	20	<u>FUSION TUTORIAL</u> : Learn Yoga and Pilates basics, what to wear, most common moves, correct alignment and posture plus modifications and challenge options to enrich your practice. Yoga mat, bare feet.	
Fusion	Erin	Fusion Basic	20	<u>FUSION BASIC</u> : Yoga & Pilates inspired sequences blended seamlessly along with some unique moves, linking body to mind. You'll feel strong, more mobile, energized and alive! Yoga mat, bare feet.	
Fusion	Erin	Perfect Blend	35	<u>PERFECT BLEND</u> : Reap all the benefits yoga and Pilates have to offer with a class that intermixes both disciplines. Improves muscle strength, stamina, balance and target the core. Yoga mat, bare feet.	
Fusion	Erin	Refreshing Flow	50	<u>REFRESHING FLOW</u> : Get the best of both; flow through yoga sequences that challenge yet are gentle and revitalizing, mixed with Pilates, targeting the core, buns, hips and thighs. Yoga mat, bare feet.	
Fusion	Dawn D	FUNDamentals	20	<u>FUNDamentals</u> focuses on core essential elements of Yoga and Pilates in our true meld style to build strong, lean muscles, refine your practice by generating mind-body awareness. Yoga mat, bare feet.	
Vibe	Ilyse	Swag It Out	35	<u>SWAG IT OUT</u> is about finding your unique Vibe swag. Learn the latest hip hop moves, while dancin' to hot, hot tunes. You'll get extra cardio bennies-hip hop 'til you drop with Ilyse's signature style.	New!

Vibe	Tahneetra	Funky And Fit	50	<u>FUNKY AND FIT</u> is Definitely FUN-KY! You can expect a super energetic workout to fuse the fun and fit factor with funky moves that you can make your own dance style. Sweat is a bonus!	New!
Vibe	Kirk	Get Ur Thang On	20	<u>"GET UR THANG ON"</u> lets you move, groove and put your own flavor...thang that is, on every Vibe move you do in these 20 minutes. This is more than a workout out....it' a WORK IT!!	
Vibe	Ilyse	Can You Groove	50	<u>CAN YOU GROOVE:</u> Find out what 'the groove' is all about. Be prepared to get lost in the sexy and sassy movement, because this Vibe routine takes you to your 15 minutes of hot, hot dance fame.	
Vibe	Jill	Latin Mash	20	<u>LATIN MASH</u> is a fun and flavorful "mash" of your favorite Latin dances. Great music creates a sexy, energetic rhythm for swiveling hips and playful moves. Think 'non-workout', instead say salsa.	
Vibe	Kirk	OldSchoolParty	35	<u>OLD SCHOOL PARTY:</u> Who says dance can't be cardio with style to boot. Try some "crazy legs" and get your "James Brown" together for a fun routine which is sure to please.	
Vibe	Sara H	Pop And PARTY	50	<u>POP AND PARTY!</u> A dance workout with a hip-hop feel. We promise lots of sweat, a great workout for your core, and of course, a super fun dance time with cool moves. Time to PAR-TAY!	
Vibe	Tahneetra	Sizzle N Pop	35	<u>SIZZLE 'N POP</u> releases your fiery, Latin side and your urge to pop it like it's hot! This sizzling dance class definitely serves up south of the border meets urban groove for one fantastic workout.	
Vibe	Sara H	Club Freestyle	50	<u>CLUB FREESTYLE:</u> With this class, it's like you are literally working it out at the dance club. You'll get an incredible cardio sweat on, freestylin' it your own way to an effective and FUN workout!	

Vibe	Scooby	Bhangra Beat	20	<u>BHANGRA BEAT</u> is pure Bollywood, with a cardio style to get a your heart pumping, and your body moving, using laddered circuits of 5 stylized, classic Bhangra moves.	
Vibe	Lyssa	Vibe Tutorial	20	<u>VIBE TUTORIAL</u> : Get familiar with common dance steps in Vibe classes. This 20-minute Tutorial guides you through the breakdown of popular dance styles so you can 'Vibe' it your own way!	
Vibe	Lyssa	Vibe Basic	20	<u>VIBE BASIC</u> : Get down, get low and get edgy with your own style. We lead you through a Latin-Bollywood mixed mash to get your heart rate up and your sweat on. Your entire body will feel the party.	
Vibe	Lyssa	Latin Groove	35	<u>LATIN GROOVE</u> : Love to dance? You'll love this hot, hot class! Latin flavor with Urban Groove, start with a spicy salsa and reggaeton then get down and get funky with a hip hop flavor to finish.	
Vibe	Lyssa	Hot And Spicy	50	<u>HOT AND SPICY</u> : Say adios to boring routines, this class is packed with easy to follow fun. Turn the heat up to 'caliente' with Latin dances followed by sexy Bollywood, finishing with Funk Groove.	
Stomp	Jodee	Move It	35	<u>MOVE IT</u> is exactly that! Less thinking—ALL DOING—for an amazing, athletic style, cardio workout. Easy to follow so you can work harder with less intricacy, and more endurance and power. Step & risers.	New!
Stomp	Sean	High Low Rise	50	<u>HIGH-LOW RISE</u> is a class you'll LOVE! We'll tax the legs and butt by adding an extra riser, alternating with no risers for athletic Stomping with slow butt targeted toning moves. Step & risers.	New!

Stomp	Sean	High Rise Step	35	<u>HIGH RISE STEP</u> takes step to entirely new heights by adding an extra riser to push your cardio limits. You'll see a difference in your lower body shape plus burn a TON more calories! Step & risers.
Stomp	Cathleen	Bench Boogie	20	<u>BENCH BOOGIE</u> will strengthen and tone your lower body, move up and around the step in a way to accelerate calorie burn. You CAN have your cake and eat it too! Step & risers.
Stomp	Jodee	No Frills Step	35	<u>NO FRILLS STEP</u> cuts right to the chase by adding high intensity intervals into easy to follow step combos, increasing calorie burn. Stomp your way to get more fit and toned! Step & risers.
Stomp	Sean	Ante It Up	50	<u>ANTE IT UP</u> takes this cardio workout up a notch. Use the step as an intensity booster with 3 step challenges, all to define and tone your lower body muscles and your core. Step & risers
Stomp	Sean	Ramp It Up	20	<u>RAMP IT UP</u> challenges your entire lower body, particularly your buns, by stepping at an angle. This forces powerful muscle engagement, to build strength and stamina. Step & risers.
Stomp	Jodee	Simply Stomp	35	<u>SIMPLY STOMP...NOT!</u> Train for both stamina and power by mixing up the cardio challenge using power moves thrown into each step combo followed by an active recovery. Step & risers.
Stomp	Sean	Step In Style	50	<u>STEP IN STYLE</u> with this three-pronged, Stomp stylin' workout. We promise to push your intensity meter, plus give you an overall, total body workout.....Score!! Cha-Ching... A Winner! Step & risers

Stomp	Sean	Stomp Tutorial	20	<u>STOMP TUTORIAL</u> . Learn Stomp basics- the common step moves in all the classes. Learn proper alignment, posture, step adjustment and safety tips plus options so you get the most of Stomp. Step & risers.
Stomp	Sean	Stomp Basic	20	<u>STOMP BASIC</u> : keeps your heart rate up and your body challenged with easy to follow and fun step patterns. This is the perfect 'step-up' to improving your fitness level. Step & risers.
Stomp	Sean	Step Plus More	35	<u>STEP PLUS MORE</u> is full of high energy, mixed intensity floor patterns and power moves on the step. Move up, down, over and around for a total body calorie torcher and sweat fest. Step & risers.
Stomp	Sean	Prime Time Step	50	<u>PRIME TIME STEP</u> is designed to step up calories burn and fitness level. We'll challenge your skills and fitness with prime time moves, using the step as it was designed to be used. Step & risers.
Stomp	Jodee	Quick Fix	20	<u>QUICK FIX</u> is classic Stomp with easy to follow, athletic based combos, and some added intensity, using a vertical step, to get the best benefit from a quick yet effective class. Step & risers.

Kinetics	Sara J	MCT3	50	<u>MCT3</u> is metabolic cross training workout meant to push your sweat-o-meter off the chart. A total body challenge, for more muscle definition and get your heart revving. Medium & heavy dumbbells.	New!
Kinetics	Sean	The Figher	20	<u>THE FIGHTER</u> is a MMA inspired, knockout workout that challenges both cardio stamina and muscular strength, just like moves that a fighter would use training for the ring. Heavy & light dumbbells.	

Kinetics	Sara J	Time Buster	20	<u>TIME BUSTER</u> combines simple efficient movements to help tone your muscles and keep your heart pumping, making this program a metabolic powerhouse! Resistance band, medium dumbbells	
Kinetics	Sara H	Triple Threat	50	<u>TRIPLE THREAT</u> uses supersets to get the ultimate burn: 3 exercises in a row for the same muscle group, hence the Triple Threat. Strength challenges and cardio bursts gives a big bang for your buck! Medium & heavy dumbbells.	
Kinetics	Sean	Circuit Crazy	35	<u>CIRCUIT CRAZY</u> takes you through circuit blocks of pure strength exercises. Move non-stop, shifting from upper to lower body which will push you to a whole new fitness level. Medium & heavy dumbbells.	
Kinetics	Sara J	Fit to Be Strong	50	<u>FIT TO BE STRONG</u> : Expect a classic Ki challenge with super slow muscle isolation work combined with explosive power movements for max results. Anticipate fit, fun and fabulous! 1 heavy dumbbell, mat.	
Kinetics	Sean	All In	20	<u>ALL IN</u> will certainly challenge your fitness capacity by bringing specific muscles to their max—all in! Short yet so very effective! Heavy & medium resistance band, mat.	
Kinetics	Sara J	Fast N Furious	35	<u>FAST 'N FURIOUS</u> combines 60 seconds of resistance training with 30 seconds of high intensity plyometric movements to push your limits muscular limits. Medium dumbbells, mat.	
Kinetics	Sara J	Kinetics Tut	20	<u>KINETICS TUTORIAL</u> : Learn the basics – common Kinetics moves, correct form, posture, what to wear, about the equipment, how to choose proper weight and safety tips. Dumbbells, resistance tube.	

Kinetics	Sara J	Kinetics Basic	20	KINETICS BASIC: works your heart and muscles simultaneously, utilizing high intensity cardio intervals and solid conditioning moves. Fast moving, high voltage, high sweat, not a minute wasted. Dumbbells.	
Kinetics	Sara J	Jammin	35	<u>JAMMIN'</u> : Get a max calorie burning workout that will change your body forever. From start to finish, we keep you motivated and moving with solid conditioning exercises and cardio intervals. Dumbbells.	
Kinetics	Sara J	Ki Supercharged	50	<u>KI SUPERCHARGED</u> is designed to blast mega calories and fat. Athletic, high intensity cardio drills will challenge your heart as you re-define your muscles and stamina; a full body approach. Dumbbells.	
Kinetics	Sean	HIIT Me With It	20	<u>HIIT ME WITH IT</u> is <u>High Intensity Interval Training</u> , the <u>proven</u> way to burn more calories and fat. It's all out intense, hard as you can, recover and do it again! Medium & heavy resistance band; mat.	
TKO	Kirk	Beat Down	20	<u>BEAT DOWN</u> is calorie blasting and a heap of fun. Work it for 20 minutes with combinations of bob, weaves, punches and kicks that will 'beat down' any unwanted stress, fat and calories.	New!
TKO	Heather	BurpeeChallenge	35	<u>BURPEE CHALLENGE</u> : In between short punch-kick combos, find your inner challenge with burpee variations to increase heart rate, build strength and give you that sweat you're looking for.	New!
TKO	Jill	Kapow	20	<u>KAPOW!</u> Easy to follow kickboxing moves, challenging enough provide you with a maximum calorie burn in a short amount of time. So effective and fun, we'll keep you coming back for more!	

TKO	Jodee	The Energizer	35	<u>THE ENERGIZER</u> gives you a thorough, non-stop, full body workout, complete with super-effective punch and kick combos that will leave you feeling energized and empowered.	
TKO	Sean	MetabolicMayhem	50	<u>METABOLIC MAYHEM</u> challenges your body's various energy systems using intense cardio intervals to kickstart metabolism. As always, you can expect a challenging cardio burn every time you take TKO!	
TKO	Sean	Adrenaline	20	<u>ADRENALIN</u> focuses on endurance training; the goal is to keep your body moving from start to finish. We'll kick, strike, block and punch in all different directions using easy to follow movements.	
TKO	Heather	PunchKickMove	20	<u>PUNCH, KICK 'N MOVE</u> gives you a quick sweat through a series of punches, knee strikes, kicks, and body-weight conditioning exercises for a uber cardio challenge.	
TKO	Jodee	AttackRetreat	35	<u>ATTACK-RETREAT</u> is a short, intense workout, using upper body punch and strike combos to work aerobically and lower body movements to push through an intense training bout. Challenging!	
TKO	Heather	Staying Power	50	<u>STAYING POWER:</u> Kickbox skills and drills are the ticket for this non-stop, stamina-centric workout. Punch and kick combos to perfect your skills will ultimately give you more power and calorie burn.	
TKO	Kirk	TKO Tutorial	20	<u>TKO TUTORIAL:</u> Learn TKO basics including the most common punches, strikes, and kicks you'll do in TKO along with alignment and posture tips, what to wear, move options to maximize your TKO experience.	

TKO	Kirk	TKO Basic	20	<u>TKO BASIC</u> challenges your endurance, mental focus and muscles with an authentic and athletic approach to kickboxing. The result-stronger, leaner muscles and mega calories burned!	
TKO	Kirk	Perfect Punches	35	<u>PERFECT PUNCHES.</u> Put more power behind your punch and take both your body and mind into the moments as you slip, bob 'n weave, kick and punch your way to your best shape ever. A complete workout.	
TKO	Kirk	TKO Athletica	50	<u>TKO ATHLETICA</u> Get the power of TKO. Experience a creative combination of basic punches, kicks and elbow techniques combined with athletic moves like jump rope and jacks for a knockout experience.	
TKO	Heather	Fight Club	20	<u>FIGHT CLUB:</u> Join the club. We have purpose to sweat, to move and bring out our inner warrior through a series of punches, knee strikes, kicks, and body-weight conditioning exercises. Pure TKO!	

eXpress	Ilyse	Back to Basics	20	<u>BACK TO BASICS</u> targets every muscle in your lower body as well as your core to reshape, redefine and realign yourself without using complicated moves! 4 to 8 lb. medicine ball, mat.	New!
eXpress	Vanessa	Sculpt And Sweat	20	<u>SCULPT AND SWEAT</u> uses both dumbbells and body weight to rev up your metabolic fire, get you sweaty, burn a ton of calories, and tighten and tone your upper body and abs. Medium dumbbells, mat.	New!
eXpress	Tahneetra	Circuit Shock	20	<u>CIRCUIT SHOCK</u> your body into a training response with a series of cardio and muscle endurance challenges, guaranteed to spark a mega metabolic burn in minimum time. Step, risers, medium dumbbells.	New!

eXpress	Erin	Yoga Strong	20	<u>YOGA STRONG</u> creates healthy, strong, flexible abdominals with a series of yoga poses to strengthen, tone and stretch the entire torso. You'll increase mobility and improve posture too! Yoga mat.	New!
eXpress	Suan	Less Is More	20	<u>LESS IS MORE:</u> Don't be fooled by the name of this class. Challenge your strength, endurance and stability in a focused practice, incorporating the key elements of yoga in only 20 minutes. Yoga mat.	
eXpress	Sara H	Plank and Burn	20	<u>PLANK AND BURN</u> offers the best exercises to target arms, buns and core using your own bodyweight and dumbbells. The focus is on plank variations as a circuit break—efficiency is IT. Medium dumbbells.	
eXpress	Sara J	Toned And Ready	20	<u>TONED AND READY</u> is targeted toning at its best to hit those body parts you want firm and red-carpet worthy. Super-effective exercises to keep YOU body confident all year long! Resistance band, mat.	
eXpress	Sara H	From All Angles	20	<u>FROM ALL ANGLES</u> works every part of your midsection—think of it as HARD CORE. Plus, good, old style ab crunches are atop the list to make sure you get the flat, firm belly. 1 light dumbbell, mat.	
eXpress	Sara J	TriPerfecta	20	<u>TRI-PERFECTA</u> uses three perfect tools and techniques to execute every movement to carefully shape your hips, legs, buns and core to their greatest potential. Heavy dumbbells, resistance band, mat.	
eXpress	Ryan	UB Challenge	20	<u>UB CHALLENGE</u> targets the entire upper body with drop sets-- sequentially decrease weight and up reps to get stronger in a doable way. Step, risers, light, medium & heavy dumbbells, resistance tube.	

eXpress	Sean	Tabata Time	20	<u>TABATA TIME!</u> Push the limit with a short but ultra-effective, challenging high intensity Tabata interval training class. You'll do three, 4-min. exercise bouts, designed to push your body to perform!	
eXpress	Erin	Yoga Short Form	20	<u>YOGA SHORT FORM:</u> Take advantage of every minute; explore strong standing postures, followed by seated releasing poses to stretch your way to a more invigorated, revitalized YOU! Yoga mat, yoga block.	
eXpress	Ryan	Epicenter	20	<u>EPICENTER</u> targets your entire midsection with isolation and dynamic movements that leaves your abs chiseled, foundation stronger and your body more capable of doing anything. Medium dumbbells, mat.	
eXpress	Sean	Make It Super	20	<u>MAKE IT SUPER</u> layers lower body exercises one after the other, without rest, called supersetting, plus great core moves layered in too! The key is precision focus on every move. Medium dumbbells, mat.	
eXpress	Ryan	Endure	20	<u>ENDURE</u> uses a circuit technique to isolate the big muscle movers- chest and back to increase strength. To allow recovery, we'll use ab training in between circuits. Light & medium dumbbells, towel.	
eXpress	Sara J	Combustion	20	<u>COMBUSTION</u> pushes your limits and capacity to increases strength & endurance in less time! Combine eccentric muscle overload and high intensity cardio intervals to maximize time and results. Mat.	
eXpress	Heather	ABSolutelyCore	20	<u>ABSolutely CORE</u> Take typical core exercises to the next level; alternate between total body moves using planks and leg exercises to get your burn on with some targeted ab toning. Step & risers, towel.	

eXpress	Dawn	Trouble Shaping	20	<u>TROUBLE SHAPING</u> uses 3 exercises per body part to hone in on shaping your arms, bootie and core. Finish with a Blitz Block of isolated moves to finish these trouble spot off. Medium dumbbells, mat.	
eXpress	Sara J	Strong Core		<u>STRONG CORE!</u> utilizes stability drills and unique exercises to keep the challenge on your core muscles so you get stronger and more stable. Light dumbbells, mat.	
eXpress	Heather	1 2 Core	20	<u>1-2...CORE</u> uses three back to back exercises for your glutes, hips and thighs to give you a superior lower body burn. Medium dumbbells, resistance tube, mat.	
eXpress	Sean	BisTrisCoreMore	20	<u>BIS, TRIS, CORE & MORE</u> uses different resistance band tensions to target and train different muscle fibers to define the muscles of your upper body and abs. Resistance band.	
eXpress	Ryan	Ascension	20	<u>ASCENSION</u> brings it with four, resistance based, metabolic conditioning circuits, followed by a body weight move to recover. Burn calories and fat fast! Light dumbbells.	
eXpress	Suan	Heart Opener	20	<u>HEART OPENER</u> focuses on heart opening postures, counteracting the daily hunch, to decrease back pain, improve posture and light up your spirits. Yoga mat.	