

PreferredOne®

TAKE CARE OF YOUR BODY TODAY

its where you live

Ready? Set? Sweat.

No more gym memberships.

Wellbeats Virtual Fitness is an on-demand fitness provider that delivers fitness classes, workout plans and fitness assessment to users anytime, anywhere.

With Wellbeats, you stream personalized workout classes to your mobile device. There's something for every age, interest and fitness level. All workout plans feature a day-byday calendar of recommended classes to accomplish common fitness goals. When you enroll with PreferredOne, we'll send Wellbeats registration details along with your new PreferredOne member ID card.



- ✓ Play Classes Remotely
- ✓ Track Workouts
- ✓ Recommended Classes
- ✓ Use Workout Plans
- ✓ Track Fit Tests

