New to working out?  
Not sure where to start?  
Ready to try something new?

Then it might be time to go back to the basics!

Most Wellbeats channels include a beginner-friendly, basic-level class so you can get comfortable with the movements and exercises before trying other classes.

**Rev Basic**  
20 min | Indoor Cycle Bike  
This class is designed to expand your cardio stamina and highlight three outdoor riding elements: a flat road, a seated & standing hill and a quick set of intervals.

**Fusion Basic**  
20 min | Yoga Mat & Block Optional  
New to Fusion? Master the basics using yoga and Pilates movements introduced in the Fusion Tutorial. You’ll feel more strong, mobile, and energized in no time.

**Kinetics Basic**  
20 min | Dumbbells, Yoga Mat  
Work the heart and muscles simultaneously with high intensity cardio intervals, interspersed with solid conditioning moves. Fast moving-whole body training; not a minute wasted.

**Definitions Basic**  
20 min | Step & Risers  
Perform one exercise after the other without a rest, switching up the muscles worked in each exercise. This total body program is challenging but doable!

**TKO Basic**  
20 min | No Equipment  
This basic class will challenge your endurance, mental focus and muscles with an authentic and athletic approach to kickboxing. The result is stronger, leaner muscles and mega calories burned!

**Kettle Power Basic**  
20 min | Yoga Mat, Step & Risers, Kettlebell  
Fuses Kettlebell training with conditioning exercises for total body integration and a functional workout that gets you strong and fit.

**Vibe Basic**  
20 min | No Equipment  
Get down, get low and get edgy as we lead you through a hip-hop inspired class, with three different styles as the finale. Upbeat with an attitude, this style mash is will press your “turn-on” button!

**STOMP Basic**  
20 min | Step & Risers  
Why Step? You get the best cardio workout and train your lower body and core at the same time. Easy to follow step moves puts the focus on keeping your energy and stamina up.

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*Available channels may vary according to your content subscription.*

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Did you know? You can also search the keyword “basic” in the Wellbeats search bar to find even more classes!