

# VIRTUAL FITNESS INFORMATION SHEET

## What is Virtual Fitness?

We have contracted with a company called Wellbeats, a premier on-demand fitness provider. The Park District will now be able to deliver additional fitness classes, workout plans, and fitness assessments to our members. Wellbeats proprietary content and technology enable individuals to take control of their health with fitness solutions that fit their lives. With over 350 virtual fitness classes in 21 channels, there's something for every age, interest and fitness level. From cycling, to yoga, to quick office breaks, there is a class for anyone.

## Where and when will classes be offered?

Classes will play on a large 70" TV in the Cycle Center.

Starting February 18, classes have been pre-scheduled in that room 7 days a week. These classes will not conflict with any of our live GroupEx classes.

## How will it work?

When a class is placed on the schedule it will automatically play at the time it is set for. The class schedule can be found on the kiosk located outside the Cycle Center door and will also soon be on the Park District website.

## Is there any time during the day that I can just pick my own classes?

Yes -February 11 – 17, the kiosk will be open for everyone to check out all the classes that are available and try a class out in the room if it is open for use.

Beginning February 18 – we have left the room open for free choice as follows:

Monday – Friday 1pm – 4pm

Saturday and Sunday 1pm – 6pm

## How long are the classes?

Classes range from 1-50 minutes in length. Currently, all the classes prescheduled are 20 minutes in length.

## How many additional classes and what type of programs:

Over 40 more classes have been added to the schedule: High Intensity Interval Training, Yoga, Pilates, Circuit Training, Strength Training, Kickboxing, Core, Cycle and more.

## How would someone find out about a class?

Just head to the kiosk and go to the "Find a Class" button to view any type of class. You can apply filters to narrow your search. After you click on the class you will be able to see the following:

20 second preview

Description of class

Rating

Comments

Body Focus

Duration

Class Type

Class Qualities

Age Level

Intensity

Equipment Needed

## **Why try this?**

Burn more calories at a faster pace. Many of the new classes on the schedule are High Intensity Sessions.

These types of programs help boost metabolic rate, which means you burn more energy even at rest.

Pushing the body out of your comfort zone forces it to adapt. The higher the intensity, the greater the adaptation with benefits for your lungs, heart and circulation.

Change up your daily routine. With over 300 classes at different fitness levels and duration you can supplement your workout with a wide variety of new workouts.

New or just getting back into exercising at a fitness club – Wellbeats has over 10 different workout plans that you can schedule during open times and follow along. If you are interested in getting fit, toned up, building strength, losing weight, improving your core, increasing flexibility, or relieving stress there is a plan for you.

Win prizes! – From February 18 – March 17, we will have giveaways to members who try out some of our Virtual Fitness classes.

Attend 1 class – choice of a bag, hat or ear buds

Attend 5 classes – Go Virtual t-shirt

Attend 10 classes – fitness cooling towel

Attend 15 classes – 1-month membership extension

After you take a class you will need to go to the fitness desk and complete the participation log in sheet.