

## Fitness Room Content

- 30 channels, no equipment options
- 500+ high quality, 1-60 minute videos
- Options for any fitness level
- Goal-based challenges and fitness assessments
- User-friendly class filters and search parameters make it easy to find a class

Content Subscription	Fitness Room
Challenges	15+
Fit Tests	3
<b>Class Channels (Over 500 classes available)</b>	
Fusion (Yoga & Pilates)	40 classes
Office Breaks (Active at Work)	32 classes
Express (Toning)	31 classes
Rev (Cycling)	32 classes
Strides (Running & Walking)	29 classes
TimeSavers (15 Minutes or Less)	32 classes
Kinetics (High Intensity Interval Training)	30 classes
TKO (Kickboxing)	25 classes
Nourish (Nutrition Education & Recipes)	24 classes
Definitions (Lean Sculpting)	24 classes
Circuits (Strength & Conditioning)	23 classes
Mindfulness (Mental Focus with eM Life)	21 classes
Stomp (Step)	15 classes
Vibe (Dance)	15 classes
Transitions (Anti-aging)	15 classes
Kettle Power (Kettlebells)	11 classes
Bar Strong (Barbell Training)	10 classes
Sports Ready (Preparation & Performance)	13 classes
Pregnancy Express (Pre/Post Natal)	9 classes
Recovery (Stretch & Release)	11 classes
BOSU®	7 classes
ZUMBA® Basic Steps* (Intro & Basic Steps)	4 classes
<b>Add-ons</b>	
Wellbeats Youth + MOVE ME!™ + BOSU® Kids	41 classes
Silver&Fit®	12 classes