



# Move, Play, and **Have Fun** with Wellbeats Classes for **All Kids!**

## Where Wellness Begins...

**Every child should have the same opportunity to be healthy and strong.** With inclusivity at the forefront, kids of all abilities can explore new ways to release energy, create happy memories, and most of all: have fun.

Learn and grow with us through expert-led fitness activities, mindfulness breaks, and movements centered around creativity, learning, and exploration. **Ready? Let's play!**



### **For All Kids Including with Special Needs**

Classes are for all abilities and interests for ages 3-10. Even the whole family can join in on the fun!



### **Enhances Mental and Physical Growth**

Includes a unique blend of structured and unstructured play to benefit the mind and body with a focus on developing motor skills, balance, control, and coordination.



### **Builds Self-Confidence**

Led by our team of certified, friendly instructors, all kids can feel comfortable, confident, and supported in setting a strong foundation for a lifetime of good health.



## Did you know?

**Regular physical activity can help children and adolescents in a variety of ways\*, including:**

- Improve cardio fitness
- Build strong bones and muscles
- Strengthen immune system
- Improve mental and physical health
- Develop healthy habits

\*Source: Centers of Disease Control & Prevention



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