



◆ Wellbeats

Wellness

Stride with Pride Program

Celebrate and champion your own unique style in this fun, two-week dance program. No dance experience? No problem! Instructor Jeremiah coaches you through every move to help you stride with pride, regardless of your skill or ability level. We have moves for everyone from beginners to experts!

If you're ready to feel empowered, inspired, and energized, join us for two weeks of fitness and fun.

Grab your sneakers and get your sweat (and shine) on!

| | DAY 1 | DAY 2 | DAY 3 | DAY 4 | DAY 5 | DAY 6 | DAY 7 |
|--------|---|-------|--|-------|---|-------|-------|
| WEEK 1 | Rock the Beat (Dance) 19 min | Rest | Make Your Move (Dance) 18 min | Rest | Fast Feet & Fun (Dance) 13 min | Rest | Rest |
| WEEK 2 | Dance Breakdown (Dance) 19 min | Rest | Fresh & Fast (Dance) 22 min | Rest | Party On! (Dance) 20 min | Rest | Rest |