



CITY OF HAYSVILLE

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NEWS RELEASE

For Immediate Release
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Haysville Recreation Announces State-of-the-Art Addition

Haysville, KS (October 24, 2014) – Beginning in November, the Haysville Activity Center will have a new workout option: Wellbeats™. Described on their website (www.wellbeats.com) as a “virtual group fitness platform”, Wellbeats features a video projection system and will enable the HAC to offer a larger variety of scheduled fitness classes on a more consistent basis than the use of traditional instructors allows. In addition to regularly scheduled instruction, members can make personal class selections during open time slots via a touch screen kiosk.

Classes being offered fall into five categories: Vibe, Fusion, Stomp, Kinetics, and TKO. Vibe classes are all about upbeat, rhythmic music and exercise that feels more like a dance party. Fusion classes offer a mix of yoga and Pilates moves that focus on controlled breathing, increased flexibility, and improved posture and core strength. Described as a “step revival”, Stomp selections are fun cardio-driven classes that increase your heart and lung capacity while burning calories. If you are looking for a no-nonsense full body workout focused on sport-style cardio and resistance training circuits, Kinetics classes will fit the bill. TKO is another fast paced series and includes martial arts based workouts that tone and strengthen the body.

Within each category, users are able to view a Tutorial, which provides an introduction and reviews proper technique. Users can then select Static classes of 20, 35, and 50 minute lengths. Refresh classes, which are updated on a quarterly basis, are also available in 20, 35, and 50 minute sessions and keep workouts fresh and interesting.

(continued)

“Depending on how the Wellbeats™ program is received by our members, we may add more categories to our library as time goes on,” said Community Wellness Supervisor Kelsey Blue. “For example, Move Me!™ is a kids’ program that makes fitness fun, which we’d love to be able to utilize during our Summer Elements program and beyond.”

The HAC will be offering a series of demos to anyone interested in seeing Wellbeats™ in action. The dates and times for the demos are: November 10th at 10:00 a.m., November 11th at 5:30 p.m., November 12th at 12:00 noon, November 13th at 5:30 p.m., November 14th at 12:00 noon, and November 15th at 9:00 & 11:00 a.m. Individual demos can also be arranged by contacting the HAC.

Besides the price of a membership or day pass, there is no additional charge to participate in scheduled or on-demand classes, making Wellbeats™ an excellent value for HAC members of all ages and abilities. The HAC was able to add this progressive, choice-oriented program as a result of the city-wide sales tax which went into effect on July 1, 2014.

For more information about Haysville, visit us at www.haysville-ks.com. For information about upcoming events in Haysville, visit HelloHaysville.com/calendar. For more information about the Haysville Activity Center, please call (316) 529-5922.

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