



STOP COUNTING REPS AND START

MOVING TO THE MUSIC



SEE THE WORKOUTS

[GET DANCING](#)

[VIDEO PLAYING W OVERLAY]

“BEST CLASS
EVER!”



[LINKS W ANCHOR ON WORKOUTS PAGE BOTTOM]

WE’VE GOT THE BEAT

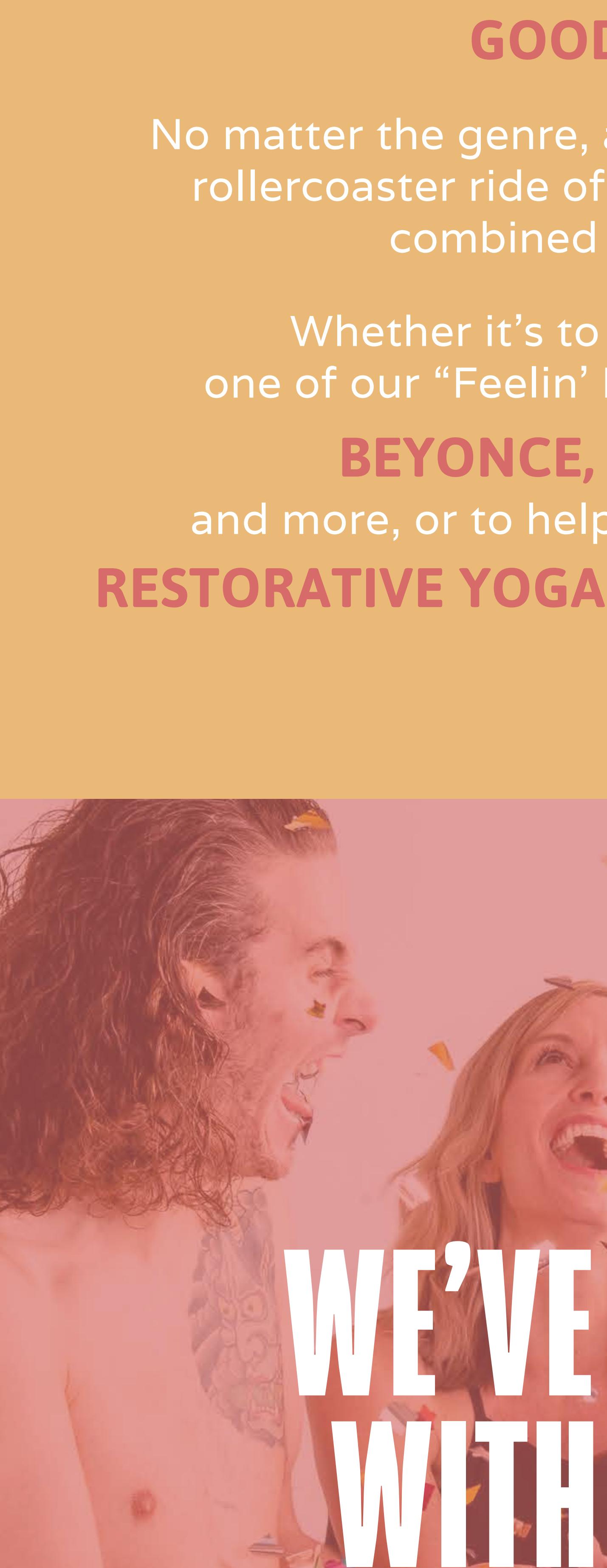
[COME TO THE 80S LAUNCH PARTY](#)



WORKOUTS

Coming Soon

FINALLY, FITNESS SEQUENCES
AND PLAYLISTS BASED ON
YOUR MOOD.



LET THE MUSIC MOTIVATE AND
FACILITATE HOW YOU FEEL BY
WORKING OUT
ON BEAT.

ONE THING WE KNOW FOR CERTAIN:
GOOD MUSIC MAKES YOU MOVE.

No matter the genre, a good song will elicit feelings and take you on a rollercoaster ride of emotions. At On Beat, we've crafted workouts combined with playlists to evoke these feelings.

Whether it's to get you pumped before an interview with one of our "Feelin' Myself" workouts with songs from queens like

BEYONCE, CARDI B, NICKI MINAJ, DOJA CAT

and more, or to help you get over a breakup with an "In My Feels"

RESTORATIVE YOGA FLOW TO POST MALONE'S "I FALL APART"...

WE'VE GOT YOU COVERED
WITH A WORKOUT AND
PLAYLIST TO MATCH.

In the meantime,
experience the fun -
Live!

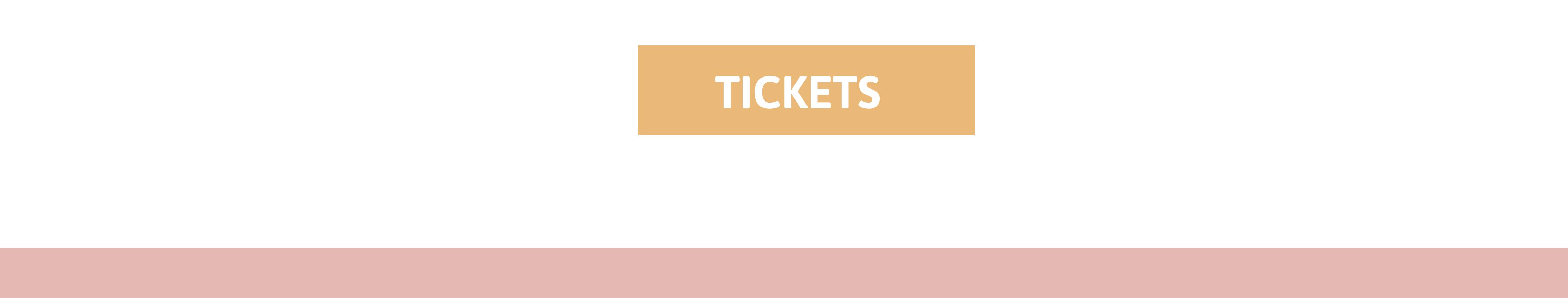
COME CELEBRATE THE LAUNCH OF ON BEAT
FITNESS AT OUR 80'S THEMED PARTY



at www.onbeatfitness.com/events

info@onbeatfitness.com

TICKETS





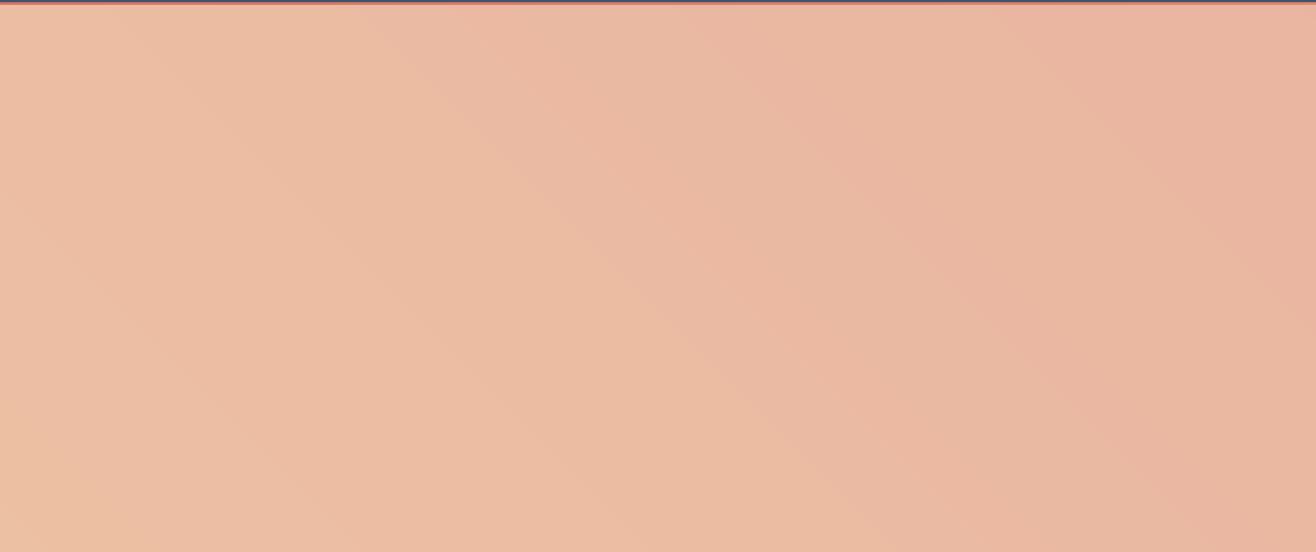
THE SQUAD



KATIE KASTEN

FOUNDER

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