



Bay Functional Fitness presents: **Wellness in Place**

Access live classes, recorded content, and special events all from your personal and private platform, exclusive to Marqeta employees and family members.

New content is uploaded every week!

[Get Started](#)

A Class for Every Body

No matter your fitness level or ability, Wellness in Place has a class for you.



Create Your Account

It only takes a few minutes to get set up. Don't forget to sign your liability waiver!

[Sign Up](#)



Attend Live Classes

Once your account is created, choose classes to add to your calendar.

[Log On](#)



Watch the Replays

Our library of recorded classes will help you work up a sweat or de-stress.

[Watch Now](#)

Your BFFs are here to help!

Whether you have questions about how to sign up, forgetting your password, or what classes are available, we're here to help!

[Contact Support](#)

Attend Live or Watch the Replay!



Bootcamp (45 Min.)

Join SaTara on Mondays at 8:00 am (Pacific) for Bootcamp!

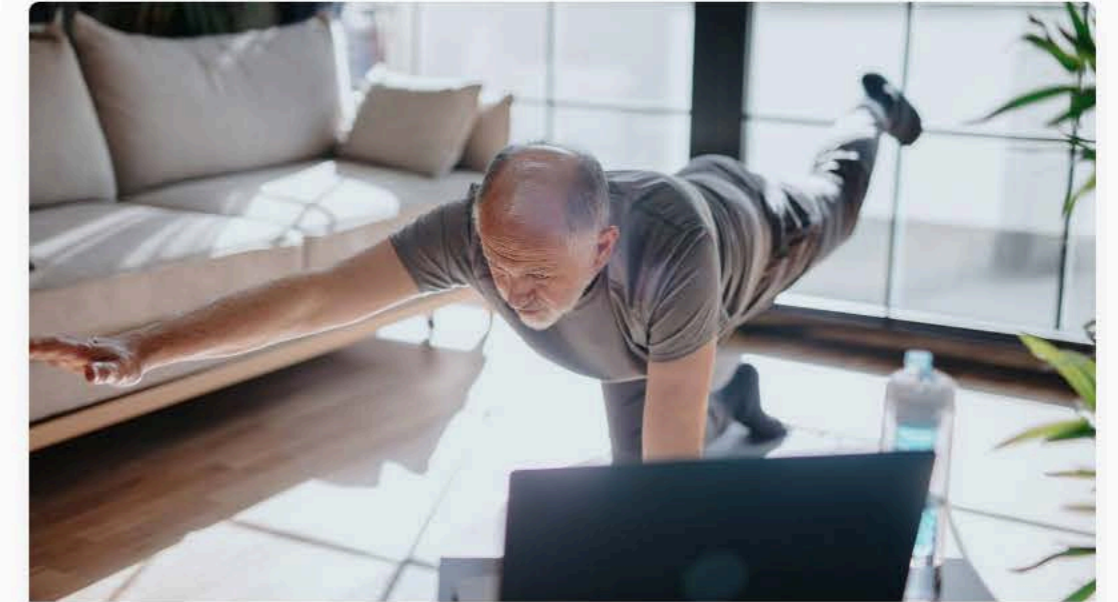
[Attend Live or Watch the Replay](#)



Vinyasa Yoga (45 Min.)

Join Diane for a 45-minute vinyasa flow on Mondays at 12:00 pm (Pacific).

[Attend Live or Watch the Replay](#)



Break: Energy Boost & Flow (30 Min.)

Join Janine Tuesdays at 7:30 am (Pacific) & Tuesdays at 8:15 am (Pacific).

[Attend Live or Watch the Replay](#)



Zumba [Replays]

Watch a Zumba Replay!

[Attend Live or Watch the Replay](#)



Have Your Cake and Eat It, Too! 🍰

Please Join Michael Smartt Co-Owner of BFF for this Nutrition Workshop!

[Attend Live or Watch the Replay](#)



[REPLAY] Workshop - Diet & Metabolic Health

Please Join Michael Smartt Co-Owner of BFF for this Diet & Metabolic Workshop!

[Attend Live or Watch the Replay](#)

FAQs

How long are recordings available?



How long are classes?



Where do I find the Zoom link for class?



How do I get in contact with an instructor?



Who do I contact for help?



What equipment will I need?

