



beat the couch

SEASON 19 OCTOBER 2022

CALLING ALL BEGINNER RUNNERS!

We will have you 5K ready by Christmas!

Whether you are a total beginner or simply finding your feet again, this is for you. If you have never been active or have let your activity level slip, let us help you get on track. Beat the couch, once and for all!

Give us just 45 minutes of your time, three times a week, and we will have you 5K ready by Christmas.

We'll give you the motivation, support and professional know-how to get over the finish line!

Our programme is organized, realistic, rewarding and achievable. Best of all, it works. Over 1,000 people in Bermuda have completed this challenge so far...are you next?

KIDS | Beat the Couch Kids - 10 **FREE** places for 12 -17 yr olds, alongside a fee paying adult.

BENEFITS INCLUDE:

Three 45 minute training sessions a week (30 sessions total)

Introductory seminar, nutrition seminar, biometric tracking, running skills clinic, weekly emails, race day prep, team shirt, race day entry fee and 10% discount at Sportseller.

Training options every single day so you never miss a session. Podcast support for when you travel.

KEY DATES:

Sign-up deadline: Wednesday, 28th September 2022

Introductory night: Thursday, 29th September 2022

Training begins: Monday, 3rd October 2022

Race day: Sunday, 11th December 2022

\$397

per person
for first time
participants

\$367

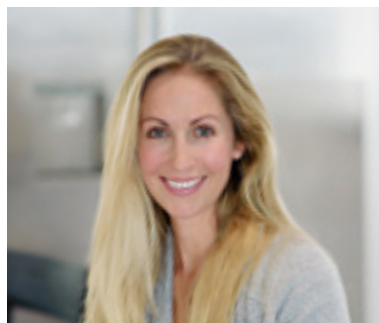
per person
for teams of
two or more

\$347

BTC grads, Waterfront
Wellness members,
Waterfront staff, Spine
& Sport clients



**COVID-19 policies in place
to ensure your safety!**



CATHERINE BURNS
BA Hons, Dip ION mBNTA
Nutritional Therapist



SERGIO WHITE
Group Trainer



GRAHAM FRITH
Group Trainer



YVES PAUL
Group Trainer



CHRISTINA DODSON
Group Trainer

Sponsored by:



**WATERFRONT
WELLNESS**
LIVE WELL WITH US

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For full details and testimonials,
visit us online at

www.waterfrontwellness.bm/whats-on
or call us on 298 3767

