



SEASON 22

BEAT THE COUCH

February to May 2024

CALLING ALL BEGINNER RUNNERS!

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-fit by May. 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 1,150 people in Bermuda have completed this challenge so far...are you next?

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.

WE WILL HAVE YOU 5K-FIT BY MAY!

KEY DATES

- Sign-up deadline:** Wednesday, 28th February 2024
- Introductory night:** Thursday, 29th February 2024
- Training begins:** Monday, 4th March 2024
- Race day:** Sunday, 12th May 2024 at The Waterfront

PRICING

- \$397 / person** First time participants
- \$367 / person** for teams of two or more
- \$347 / person** BTC graduates, Waterfront Wellness members, Waterfront tenants, Spine + Sport clients

KIDS | 10 FREE
places for 12 -17 yr olds, alongside a fee paying adult.



CATHERINE BURNS
BA Hons, Dip ION mBNTA
Nutritional Therapist



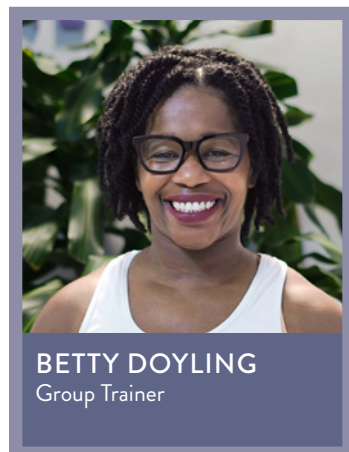
SERGIO WHITE
Group Trainer



GRAHAM FRITH
Group Trainer



CHRISTINA DODSON
Group Trainer



BETTY DOYLING
Group Trainer

Sponsored by:



In partnership with:



For full details and testimonials, visit us online at www.waterfrontwellness.bm/beat-the-couch or call us on 298 3767

SCAN HERE

