



**WATERFRONT
WELLNESS**

LIVE WELL WITH US

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MEMBERSHIP

Custom fitness is game-changing. We're a smaller, private facility and we know every one of our members. You'll have full access to our 24hr open gym and unlimited classes. Our job is to help you make a plan specifically designed for your life and your goals, supported by data from InBody technology. Trainers just don't get any more experienced and whether you're a beginner, an athlete - or somewhere in between - you're in the best possible hands.

Luxury locker rooms, showers, sauna and towel-service included in all membership options.

InBody

Leading the way in non-invasive body composition analysis

COVID-19

We are committed to the highest level of hygiene and have strict cleaning protocols in place as well as UV-C lights in all air handlers. All our members are required to follow government guidelines re sanitization, masks and distancing.

ANNUAL*

\$1,900 (rate = \$158.33 / month) one-time payment.
Corporate rates available for groups of 10 or more.

3-MONTH *

\$510 (rate = \$170 / month) one-time payment.
Does not auto-renew.

MONTHLY (Rolling) *

\$170 (rate = \$170 / month) monthly payment.
3-month minimum. Auto-renews monthly.

MONTHLY (Students) *

\$170 (rate = \$125 / month) monthly payment.
3-month minimum. Auto-renews monthly.

ONE MONTH

\$185 (rate = \$185 / month) one-time payment.
Does not auto-renew.

** All new members committing to a minimum of 3 months receive our welcome vouchers too! This includes vouchers for one Nutrifit-to-go meal from Miles, a glass of wine / beer on us at Harry's and 10% off vouchers at PW Marine and Vineyard Vines Bermuda.*

YOUR 1-80 ORIENTATION

Maybe you're in maintenance mode – in which case, congrats! However most people sign up to a gym because they've recognized that something needs to change. The Waterfront Wellness 1-80 provides you with 80 minutes of training to help you put an individually tailored strategy in place. Whether we are helping you to fine-tune what's currently working, or completely change your direction, this gives you an opportunity for a fresh start.

1 X 20-MINUTE STRENGTH PT



1 X 20-MINUTE CARDIO PT

1 X 20-MINUTE MOBILITY PT



1 X 20-MINUTE NUTRITION PT



GROUP FITNESS CLASSES

We have an innovative, packed schedule, designed to advance your strength, definition, flexibility and cardiovascular fitness. Spin, TRX, Kettle Bell, HIIT, Circuits, Barre, Yoga, Pilates, Strength & Core (and more) - there's something for everyone and we frequently change things up. We recently added Les Mills classes, including Body Pump, Sprint and Body Flow. Have a look online to view the **current line up!**

Members have unlimited access to classes. We also have passes available. Classes are bookable a week in advance via our website or handy Waterfront Wellness App.

All classes (except Trailblazers run classes) are livestreamed on Zoom, so you can still take part even if you are travelling or working from home.



CLASS PASSES

MONTHLY

\$150 includes all Les Mills + regular classes

One-time payment. Activates on first booking a class

WEEKLY

\$50 includes all Les Mills + regular classes

One-time payment. Activates on first booking a class

PERSONAL TRAINING

Our trainers are exceptionally experienced across a wide variety of skill sets, including sports performance, injury rehabilitation and exercise medicine. **Trainer bios** and **rates** are available online.

NUTRITION SERVICES

We believe that great nutrition optimizes your health in a powerful and meaningful way. We have an evidence based, real-food, real-life philosophy, backed by a genuine enthusiasm for healthy living. Led by our award-winning Nutritionist, Catherine Burns, we provide expert one-to-one nutritional care (Nutritional Therapy & Behavioural Nutrition), as well as innovative solutions for groups and worksites.

To view course dates, book a nutrition service, or for rates/insurance coverage, please visit us [online!](#)

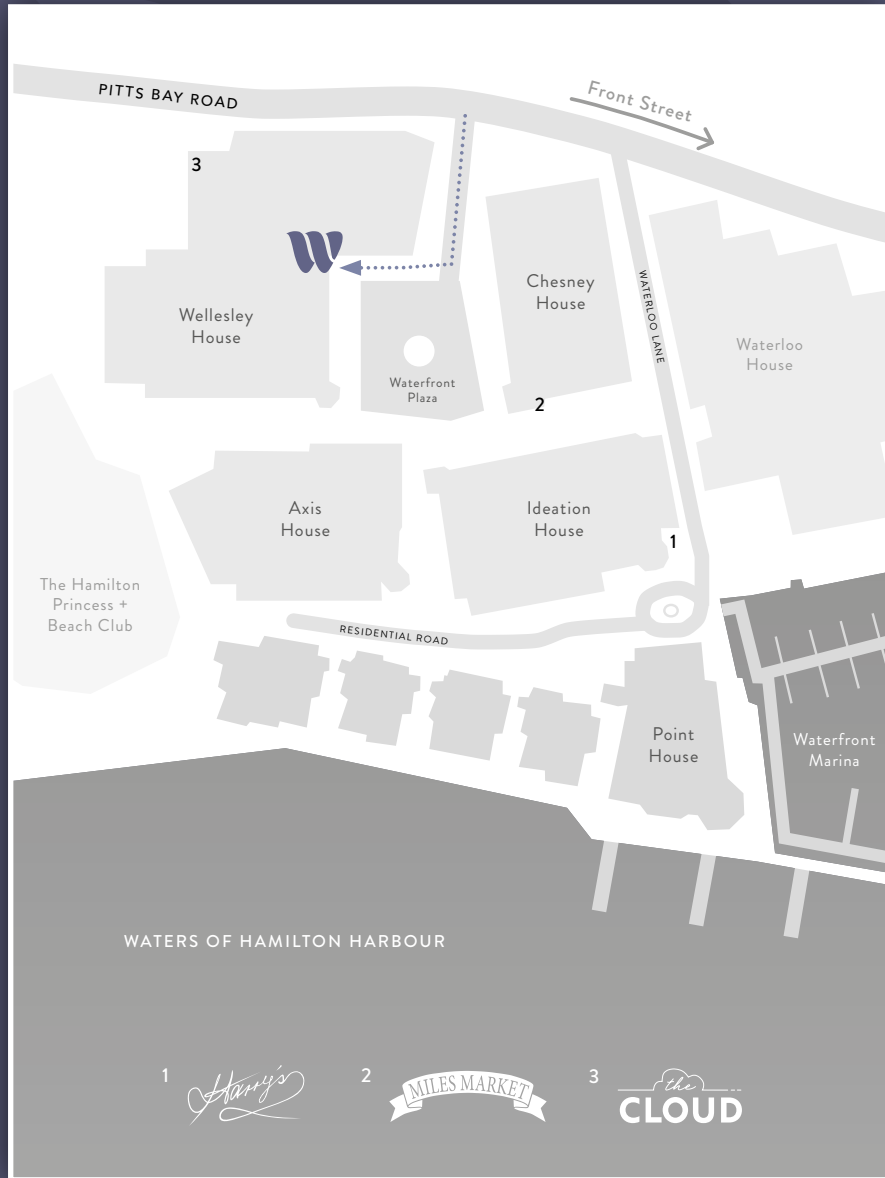


Nutrifit is our 6-week Optimum Nutrition program. We'll help you improve your body composition, boost your energy and re-think lifestyle factors that have been standing in your way of success. We'll teach you our signature preventive health care strategies for balancing blood sugar and improving digestion, as well as giving you all the essential info on antioxidants, detoxification, the right kind of fats and choosing organics that work within your budget. To make sure that you have a truly holistic overhaul, we also dedicate a week to stress and sleep too. Nutrifit-approved options are available exclusively in Miles, Harry's and at The Cloud.



Waterfront Wellness is now home to Beat the Couch, Bermuda's popular 10-week beginners running program. Since May 2013, we've helped over 1,000 people get 5k fit! The professional expertise and group camaraderie are second-to-none, making this a hugely enjoyable and rewarding experience for people who are new to (or re-discovering) fitness. Beat the Couch runs twice a year, beginning in February and October. The latest dates and details are [online](#).

COME SEE US!



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