



## CALLING ALL BEGINNER RUNNERS!

# We will have you 5K ready by May!

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 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 950 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: Thursday 25th February, 2021

Introduction Night: Friday 26th February, 2021

Training begins: Monday 1st March, 2021

Race day: Sunday 9th May, 2021

**\$397**

per person  
for first time  
participants

**\$367**

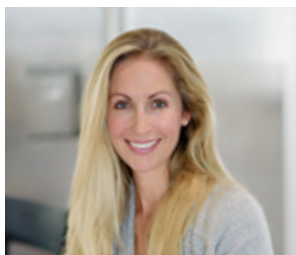
per person  
for teams of  
two or more

**\$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



**DAWN BERRY**  
Group Trainer



**YVES PAUL**  
Group Trainer



**WATERFRONT  
WELLNESS**  
LIVE WELL WITH US

For full details and testimonials,  
visit us online at  
[www.natural.bm/whats-on](http://www.natural.bm/whats-on)  
or call Catherine on 505 4725

