

Welcome to Beyond Fitness!

Beyond Fitness Bermuda Ltd (“BFB”) is Bermuda’s newest fitness facility right in the heart of Hamilton! Offering personal training and group class fitness options, we are looking to take Bermuda’s athletes BEYOND FIT! BFB would like to offer a **10% discount** on all group class pricing options and a **FREE Personal Training Consultation** with one of our amazing coaches to all current Bermuda Bicycle Association members for the month of June. We are convinced that you will recognize our focus on keeping fitness options varied, fun and innovative while also keeping our coaching focused and our pricing highly competitive; our current class schedule and membership pricing options are provided to back this up! Contact us today at info@beyondfitbda.com to arrange your free PT consultation or to discuss class participation options.

We look forward to seeing you at BFB!!

Additional discount offer (PDF Attached) to all Bermuda Bicycle Association members from **FST BDA / Gary Adams, Certified Fascial Stretch Therapist** operating out of Beyond Fitness Bermuda Ltd

See below for more details



SCHEDULE OF CLASSES - EFFECTIVE: APRIL 6, 2015

SIGN UP WITH INFO@BEYONDFITBDA.COM

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday
	Main	Spin	Main	Spin	Main	Spin	Main	Spin	Main	Spin	Main
06:15-7:00	Circuit (45) Sally/Gary				Interval (45) Sally/Xande				50+ (45) Sally/Chuck		
07:15-08:00	Bodyweight & Core (45) Xande				KickBox (45) Xande				Str & Cond ALLOVER (45) Xande		
08:15-09:00											Combo (45) Abby/Brian/Sally
09:15-10:00					Combo (45) Sally/Xande				Combo (45) Sally/Xande		BFB Kids Club 5-7 Years Sally/Brian/Abby
10:15-11:00											BFB Kids Club 8-12 Years Sally/Brian
11:15-12:00	OPEN GYM				OPEN GYM				OPEN GYM		
12:10-12:55	Str & Cond UPPER (45) Chuck	12:00 Spin (60) Sally/Abby	Interval (45) Abby		Str & Cond LOWER (45) Chuck	12:00 Spin (60) Sally/Abby	Circuit (45) Abby		Str & Cond ALLOVER (45) Sally/Chuck		
13:10-13:55	Core & Mob (45) Xande		Bodyweight (45) Xande		Core & Mob (45) Xande		Bodyweight (45) Xande		Core & Mob (45) Xande		
16:15-17:15			OPEN GYM				OPEN GYM				3:15-4:00 KickBox (45) Jeron
17:30-18:30	Str & Cond UPPER (45) Brian		Box (45) Chuck/Jeron	Spin (60) Abby	Str & Cond LOWER (45) Xande		Box (45) Chuck/Jeron	Spin (60) Abby	Combo (45) Gary/Chuck		
18:30-19:30	Interval (45) Brian		Fighter Conditioning (45) Chuck/Jeron		Circuit (45) Brian		Fighter Conditioning (45) Chuck/Jeron				

JOIN US AT BFB!!

TRY OUT A CLASS TODAY FOR:
\$20 (ADULTS)
\$15 (KIDS CLUB)

Must be 16 Years of Age to Join (excl. Kids Club)

LAST FRIDAY of the Month

HAPPY HOUR WORKOUT EVENT & MEMBER SOCIAL

Combo Workout with DJ Hits!



CLASS DESCRIPTIONS

BEYOND BODYWEIGHT

A calisthenics based workout performing agility and 'power' (strength & speed) movements. An all-over strength and conditioning class using JUST your own body weight. Modified variations will be given. Classes are for all levels.

BEYOND BOX

This session is to learn boxing skills and techniques used by boxers combined with boxing style conditioning. This session will involve partner work. No boxing experience required.

BEYOND CIRCUIT

An all-over body workout incorporating all aspects of fitness (Strength, Endurance, Agility, Speed & Balance). More than 3 moves and up to 15 in a rotation. Classes are for all levels.

BEYOND COMBO

A combination class blending two or three class types in one session. Classes are for all levels.

BEYOND CORE & MOBILITY

Specific movements to isolate core strength and mobility & flexibility for specific muscles and joints to improve natural body mechanics, posture and ALL functional movement. Classes are for all levels.

BEYOND FIGHTER CONDITIONING

A conditioning session using punching, kicking, knees & elbows as well as plyometrics (explosive movements) to give you the body of a fighter. No fighting experience required.

BEYOND INTERVALS

High intensity movements for short periods of time with bouts of recovery or rest. i.e. Ratio of Work: Rest or Relief. A single movement / combination of reps for time then rest or as many reps as possible (AMRAP) for time. Suitable for anyone with a base fitness.

BEYOND KICKBOX

Fitness style kickboxing. Learning techniques with mitts and bags as well as high intensity intervals. No Kickboxing experience required.

BEYOND KIDS

Classes specifically for Kids aged 5-7 and 8-12. These classes are designed to educate and inspire kids to eat well and exercise. Our objective is for the kids to have FUN while learning all aspects of health & fitness.

BEYOND SPIN

Various high energy indoor cycling workouts to dynamic sound tracks including – Strength (75-85%), Interval (65-92%), Endurance (65-80%) and All Terrain (55-92%) intensities. Classes are for all levels.

BEYOND STRENGTH & CONDITIONING

As outlined on specific days an All-over Body / Upper Body or Lower Body workout designed to combine muscular strength, agility & endurance. This class is suitable for anyone who wishes to improve their general overall fitness as well as strengthen and tone specific body parts.

BEYOND 50+

An all-over body workout for the Over 50's age group. Various styles of classes covering all fitness styles designed to target the needs of an ageing body.

BEYOND FITNESS BERMUDA Ltd.

PRICE LIST (Effective April 1st, 2015)

PERSONAL TRAINING PRICELIST (Price Per Person)					
	MINS	PERSONAL	PARTNER	GROUPS OF 3	GROUPS OF 4
Per Session		\$50			
Block 12	30	\$540			
Block 24		\$960			
Per Session		\$60	\$50	\$40	\$35
Block 12	45	\$660	\$540	\$420	\$360
Block 24		\$1,200	\$960	\$720	\$600

CLASS PRICELIST (ALL CLASSES)					
Drop In		\$20			
Punchcard (10 classes)		\$150	exp 2 months		
PT Client Punchcard (10 classes)		\$100	exp 2 months		
Punchcard (20 classes)		\$250	exp 3 months		
PT Client Punchcard (20 classes)		\$175	exp 3 months		
Unlimited month to month	ALL	\$175	includes OPEN GYM		
Unlimited (12 payments)		\$165	includes OPEN GYM		
Unlimited Spouse (12 payments)		\$85	includes OPEN GYM		
Unlimited Yearly		\$1,800	includes OPEN GYM		
Unlimited Spouse (Yearly)		\$900	includes OPEN GYM		

BEYOND FIT KIDS CLUB					
Drop In		\$15			
Punchcard (12 sessions)		\$120	exp 3 months		



Website: [http:// www.beyondfitbda.com](http://www.beyondfitbda.com)
 eMail: info@beyondfitbda.com
 8 Par-La-Ville Rd, Hamilton

PRESENT THIS CARD
& RECEIVE A

20%
DISCOUNT
ON YOUR FIRST APPOINTMENT

FST STRETCH TO WIN
FASCIAL
STRETCH
THERAPY



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BENEFITS:

- > Improve posture
- > Reduce back pain
- > Increase stroke length
- > Reduce the risk of injury
- > Reduce muscular tension

GARY ADAMS

Certified Fascial Stretch Therapist

BEYOND FITNESS BERMUDA

Lower Ground Floor

Mintflower Place

8 Par-La-Ville Rd

1/2 hr: \$40

1 hr: \$70

1.5 hr: \$90

Discounted rates and team packages
available for multiple sessions.

**mobile appointments on request*

for more information:

441.537.2103

fstbda@gmail.com