BODY *by* BRIT

Three ways to work with Brit. Pick where you are.

01

NEW · RENOVATING · RELAUNCHING

Program development

Build or rebuild your fitness and spa offerings, and train your team to run them.

PAGE 02

02

A REASON TO BOOK

Signature retreats

Three to five days, sunrise to stretch, run through your spa. Plus weddings, celebrations and corporate groups.

PAGE 03

03

YOUR BUSIEST WEEKS

Residencies

Brit on property for your peak season, with classes every day for every guest.

PAGE 04

Not ready for a retreat? Most partners start with *program development*.



BRIT ON THE REFORMER

COVER STORY

Movement your guests plan their stay around.

Britany Walter develops and leads fitness and spa programming for luxury hotels and resorts. She builds around what a property already has, its studios, pools, beaches and spa, and works alongside your team so the programming keeps running long after she leaves. Then she brings the energy that turns a class into the part of the trip guests talk about.

CREDENTIALS

Certified, *four times over.*

Reformer	Sculptformer Qualified Instructor
Barre	Certified instructor
Group Fitness	Group Fitness Instructor (GFI), AFAA
Aquatic Fitness	Aquatic Exercise Association (AEA)

FOR GUESTS

A reason to book

Signature classes and experiences that wellness-minded travelers plan their stay around.

FOR YOUR TEAM

Programming that lasts

Every program includes time with your staff, so the classes keep running after Brit leaves.

FOR YOUR BRAND

A new guest segment

Content filmed on property for Brit's Instagram and your channels.

01 · PROGRAM DEVELOPMENT

01

Build it right. *Then your team runs it.*

For properties opening, renovating or relaunching their fitness and spa offerings. Brit designs the programming with your team, trains them to run it, and comes back to keep it fresh.

- OPENING A NEW PROPERTY
- RENOVATING A GYM, STUDIO OR SPA
- ADDING REFORMERS, A POOL OR OUTDOOR SPACE
- REFRESHING A STALE SCHEDULE

HOW IT RUNS · THE ENERGY EDIT

01
Discover
A call and a walk-through of your spaces, team and guests.

02
Design
Schedule, signature classes and spa pairings for your equipment.

03
On property & train
Three to five days leading guest classes while your team learns every one.

04
Refresh
Virtual support, then a return Edit quarterly, twice a year or as needed.

WHAT GETS BUILT

FITNESS · SPA · TEAM

FITNESS

The class schedule
- A weekly schedule built for your spaces and equipment
- Signature classes in Reformer, barre, group fitness and aqua
- Separate tracks for guests and members
- Guest-facing class names and descriptions

SPA

A movement-led spa menu
- Class and treatment pairings, booked as one
- Pre- and post-treatment stretch and recovery
- Drawn from your existing spa menu
- Menu copy your spa team can sell

TEAM

People who can run it
- Hands-on training and teach-backs on property
- Playbooks, cue sheets and music direction
- Virtual check-ins and refreshers
- New content between visits


REFORMER


BARRE


AQUA

SPA MODULE · MOVE & RECOVER

Move, *then recover.*

A class in the morning and the treatment it was made for that afternoon, drawn from your own spa menu.

Aqua flow	THEN	*aromatherapy massage*
Signature sculpt	THEN	*deep tissue*
Barre	THEN	*a scrub and massage*
Sunrise flow	THEN	*a clay or body ritual*
Golden-hour stretch	THEN	*hot and cold stones*

POOL MODULE · THE POOLSIDE EDIT

The Poolside *Edit.*

Two ways into the water: one to work hard, one to slow down. AEA-certified, low-impact and open to every level.

HIIT H2O
Fast intervals with the water as resistance. A real sweat, without the pounding.

AQUA YOGA
Balance, mobility and breath in the water, at sunrise or sunset.

BOTH IN ONE
Sweat & Float
HIIT H2O into Aqua Yoga, with a built-in cooldown.

EVERY DAY
Daily pool series
A recurring class on your guest calendar.

02 · SIGNATURE RETREATS

02

A retreat that runs *through the spa.*

Brit leads every session, and the day moves from movement to food to recovery the way a great stay should.

6:30 AM	10:00 AM	12:00 PM	2:00 PM	4:00 PM	5:30 PM
Sunrise	**Signature class**	**Nourish**	**Second class**	**Spa recovery**	**Stretch & restore**
Flow on the beach or terrace.	Sculpt, barre or aqua.	Lunch built with your kitchen.	A new format each day.	Pools, steam and a treatment.	Sunset mobility before dinner.

SHORT STAY

Weekend reset

Two nights for couples and friends.

THE SIGNATURE

3- to 5-day retreat

For your top guests, with a team day so your staff can run it again.

FOR TWO

Couples' retreat

Built around your spa, for couples and repeat guests.

BUILT FOR A GROUP

WEDDINGS · CELEBRATIONS · CORPORATE

WEDDINGS

Bridal *Burn.*

Four mornings of the wedding weekend, with Brit on site from arrival to farewell. Bridal party classes for up to 12, with spa pairings for the bride and her party.

ARRIVAL	Welcome sweat on the pool deck for every guest who's landed.
DAY BEFORE	Sculpt or barre for the bride and her party, on her playlist.
WEDDING AM	Private stretch and breathwork before hair and makeup.
DAY AFTER	Stretch and mobility for the guest list, then brunch.

CELEBRATIONS

The Bachelorette *Burn.*

A weekend of sweat parties for the bride and her people, sized to the space you choose. Add a bride-only session, a custom playlist and spa pairings.

FRIDAY	A sunset sculpt on the pool deck.
SATURDAY AM	Beach boot camp, built for a party.
SATURDAY PM	Aqua party with music and floats.
SUNDAY	Slow stretch and breathwork, then the plunge pools.

THE MEETING EDIT

Movement built into *the agenda.*

For meetings, conferences, incentive trips and leadership retreats. A reason for planners to choose your property.

ARRIVAL	MORNING	MIDDAY	AFTERNOON	EVENING
Kickoff energizer	**Sunrise session**	**The reset**	**Team challenge**	**Recover**
A welcome class that gets the group talking.	For the people who want to start strong.	A 20-minute movement break between sessions.	A high-energy class that builds the team.	Stretch and breathwork, then the spa.

EXECUTIVES OR A BOARD

The Leadership Team

Private sessions for the people running the meeting.

EVERY ATTENDEE

The Full Group

Classes open to the whole group.

EVERY DAY

The Full Program

Movement on every day of the agenda.

> "We did a private class with Brit with our salon crew and it was so great! Everyone was at different levels and never did it feel intimidating to those that were new."
>
> **Sarah S.** · Private team class

03 · RESIDENCIES

A season with Brit *on property.*

03

For your busiest weeks. Classes every day for every guest, with no extra lift from your team.

THE HOLIDAY BREAK

Seven days, *three classes a day.*

Across the busiest week of the year, for example December 26 to January 1. Open to all guests; formats rotate so repeat guests never take the same class twice.

7:00 AM	The early class: sculpt or beach boot camp.
11:00 AM	The family class: aqua or a pool wake-up for parents and kids.
4:30 PM	The golden hour: barre, stretch or a New Year's Eve sweat party.

PEAK SEASON

A week in your *high season.*

Brit on property for guests and members, with staff training woven through so your team runs the formats after she leaves.

MORNING	Aqua in the pool, every day.
MIDDAY	The signature class: sculpt, barre or reformer.
AFTERNOON	Your team: training and teach-backs.
EVENING	Golden hour stretch and restore on the terrace.

HOW I WORK

READY ON DAY ONE · BUILT AROUND YOU

80% ready to go. *20% built around you.*

80%

READY ON DAY ONE

- Formats: Reformer, Barre, Group Fitness, Aqua
- Proven retreat and event structures
- Playbooks, cue sheets and music direction

20%

TAILORED TO YOU

- Your spaces and equipment
- Your guests and spa menu
- Your calendar and seasons

ON THE CLASS MENU

EVERY FORMAT · EVERY LEVEL

Reformer
Slow, controlled, high-intensity full-body work.

Barre
Small, precise movements to music, studio or terrace.

Aqua
HIIT H2O, Aqua Yoga and pool parties, low-impact for every level.

Boot camp & group
Beach, lawn or gym classes for every level.

Sunrise flow
An easy start that pairs with spa and breakfast.

Stretch & breathwork
Recovery that leads into the spa.



BRIT CUEING A REFORMER CLASS

Let's find the right *fit.*

WHERE ARE YOU?

01 Developing or redeveloping your programming

02 Planning a retreat or a group stay

03 A peak season coming up

A short call, a tailored proposal, then your dates, plus a complimentary class for your team on Brit's first visit.

PARTNERSHIPS

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INSTAGRAM · WEB

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AVAILABLE TO TRAVEL WORLDWIDE