

BODY

by

BRIT



BRIT ON THE REFORMER

COVER STORY

Movement your guests plan their stay around.

Britany Walter designs and leads fitness programming for luxury hotels and resorts. She builds every offering around what a property already has, its studios, pools, beaches and spa, and brings the energy that turns a class into the part of the trip guests talk about. Weddings, celebrations, retreats, corporate groups and peak-season residencies, each ready to run and shaped around you.

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)

THE OFFERINGS AT A GLANCE

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PROGRAMMING The Energy <i>Edit</i> A class schedule built for your space, and a team trained to run it.	RETREATS Signature <i>Retreats</i> Weekend resets to five-day retreats that run through your spa.	SPA Move & <i>recover</i> A class, then the treatment made for it, booked as one.
RESIDENCIES A season <i>with Brit</i> The Holiday Break or your peak weeks, every guest, every day.	WEDDINGS Bridal <i>Burn</i> Four mornings of the wedding weekend, arrival to farewell.	CELEBRATIONS The Bachelorette <i>Burn</i> Sweat parties, a beach boot camp and an aqua party.
AQUA The Poolside <i>Edit</i> HIIT H2O and Aqua Yoga, low-impact classes for every guest.	CORPORATE The Meeting <i>Edit</i> Movement built into the agenda for groups and incentives.	YOUR BRAND A fitness <i>destination</i> Signature classes and on-property content for a new guest segment.

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.
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01 · THE ENERGY EDIT

The Energy *Edit.*

A fitness-focused class schedule built for your space, ready for your team to run.

01

Your busy season

Brit on property for three to five days, leading guest classes every day.

02

Redesign the schedule

Built around your equipment, pools and outdoor spaces.

03

Train your staff

That same week, your team learns to run every class.

04

Repeat the Edit

Virtual team support after each Edit; rebook quarterly, twice a year or as needed.

02 · SIGNATURE RETREATS

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

Sunrise

Flow on the beach or terrace.

10:00 AM

Signature class

Sculpt, barre or aqua.

12:00 PM

Nourish

Lunch built with your kitchen.

2:00 PM

Second class

A new format each day.

4:00 PM

Spa recovery

Pools, steam and a treatment.

5:30 PM

Stretch & restore

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.

03 · MOVE & RECOVER

Move, *then recover.*

A movement class in the morning and the treatment it was made for that afternoon, booked as one experience. Every pairing is drawn from your own spa menu.

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



BRIT LEADING A REFORMER CLASS

04 · RESIDENCIES

A season with Brit *on property.*

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, boot camp 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.

05 · WEDDINGS

Bridal *Burn.*

Four mornings of the wedding weekend, with Brit on site from arrival to farewell.

ARRIVAL Welcome sweat A sunset session on the pool deck, open to every guest who's landed.	THE DAY BEFORE Bridal Burn Sculpt or barre for the bride and her party, her playlist, before the rehearsal.	WEDDING MORNING Breathe & glow Private stretch and breathwork for the couple before hair and makeup.	THE DAY AFTER Recover Stretch and mobility for the whole guest list, then the pools and brunch.
THE GROUP Bridal party up to 12; guest-list classes sized to the space.	THE SPA Spa pairings coordinated with your spa team.	MAKE IT HERS Curated add-ons so every bride feels it was designed for her.	



BARRE WITH BRIT

06 · CELEBRATIONS

The Bachelorette *Burn.*

A weekend of sweat parties for the bride and her people.

FRIDAY Welcome sweat A sunset sculpt on the pool deck to bring the group together.	SATURDAY AM Beach boot camp Brit's version of a beach boot camp, built for a party.	SATURDAY PM Aqua party Music, floats and an aqua class in the pool before the night out.	SUNDAY Recover Slow stretch and breathwork, then the plunge pools and steam.
THE GROUP Sized to the space you choose.	ADD-ONS A bride-only private session, custom playlist and spa pairings.	PAIRS WITH Bridal Burn, when the same group returns for the wedding.	

07 · THE POOLSIDE EDIT

The Poolside *Edit.*

Two ways into the water: one to work hard, one to slow down. Brit is certified in aquatic fitness by the AEA, and her pool classes are low-impact, easy on joints and open to every fitness level, so the whole resort can join in.

HIIT H2O

Fast intervals that use the water as resistance. High-energy music and a real sweat, without the pounding. Best in the morning or late afternoon.

AQUA YOGA

Balance, mobility and breath in the water. Calm and restorative, at sunrise or sunset.

PAIRS WITH

Bridal Burn recovery mornings, the bachelorette aqua party, Meeting Edit team sessions and residency calendars.



THE POOL, PROGRAMMED

BOTH IN ONE**Sweat & Float**

HIIT H2O straight into Aqua Yoga: one session with a built-in cooldown.

EVERY DAY**Daily pool series**

A recurring class on your guest calendar for a residency or season.

JUST FOR THEM**Private pool sessions**

For families, couples, bridal parties and buyouts.

08 · 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**Kickoff energizer**

A welcome class that gets the group talking.

MORNING**Sunrise session**

An early class for the people who want to start strong.

MIDDAY**The reset**

A 20-minute movement break between sessions.

AFTERNOON**Team challenge**

A high-energy group class that builds the team.

EVENING**Recover**

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

A fitness *destination*.

For travelers who choose where they stay by how they'll move and recover.

THE AUDIENCE Fitness-first travelers who book around classes, recovery and the spa.	THE STORY Signature classes, retreats and spa pairings as a new reason to visit.	THE CONTENT Classes filmed on property for Brit's Instagram and your channels.	BUILT TO TRAVEL Pilot it at one property, then take the model across your collection.
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HOW I WORK

READY ON DAY ONE · BUILT AROUND YOU

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

80%	20%
READY ON DAY ONE Signature class formats: Reformer, Barre, Group Fitness, Aqua Proven retreat and event structures Class playbooks, cue sheets and music direction Guest-facing class descriptions	TAILORED TO YOU Your spaces and equipment Your guest and corporate mix Your spa menu and dining Your calendar and seasons

01 Discover Walk the spaces, meet the team, agree on goals.	02 Design A weekly schedule and class playbooks for your equipment.	03 Train Teach-backs so your instructors can lead every class.	04 Support Check-ins, refreshers and new content between visits.
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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*.

- 1 A short call about your spaces, guests and season
- 2 Brit curates the offering to your schedule, space and equipment
- 3 A tailored proposal, then choose your dates and program
- 4 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