

# BODYISM

SAADIYAT

LIFESTYLE MEMBERSHIP

Jumeirah  
at SAADIYAT ISLAND  
RESORT

# THE BODYISM PHILOSOPHY

---

## *Be Kind To Yourself*

Welcome to Bodyism. Based at Jumeirah at Saadiyat Island Resort, we are a sanctuary of wellness famed for rapid and sustained weight loss. Everything we do has been carefully designed to transform and empower people every minute of every day.

All that we require from you is one thing: be kind to yourself. If you do that you'll think, eat, move and rest in the most intelligent way that nourishes and energises your body.

By focusing on being kind to yourself and listening to what your body truly wants the magic will start to happen.

Founded in 2006 in London, Bodyism continues to lead the way in the world of wellness, weight loss and optimal health. We believe that what you resist, persists, so we take the punishment out of weight loss by focusing on your physical, mental and emotional wellbeing.

Our elite team of performance specialists recognise the importance of true equilibrium across your mindset, nutrition, movement and sleep and provide a powerful blueprint for Health to help you achieve balance in every aspect of your life.

From one-on-one training to group classes, every session involves a holistic approach that will revitalise, rehabilitate and energise you on a mental and physical level.

Alongside training, there will be Bodyism approved dishes available at the resort. We also provide a range of carefully created Bodyism supplements, each an incredibly powerful baseline of nutrition.

Bodyism wellness clubs now reside in some of the finest locations, residences and corporate offices around the globe. The flagship club is located in the heart of Notting Hill in London. Other Bodyism Studios are located in Turkey and the UK.

As the world's leading holistic wellness company, Bodyism creates beautiful places, shakes and supplements that help people look and feel their best inside and out.

But above all, Bodyism is a reminder to be kind to yourself. It's a movement of self-acceptance and empowerment. It's proof that love always wins. Bodyism is the business of kindness.

**WE CREATE  
A WORLD OF  
WELLNESS THAT  
TRANSFORMS  
AND EMPOWERS  
YOU FOR A  
HAPPIER,  
HEALTHIER LIFE.**



## PERSONAL TRAINING

---



### THE BODYISM WAY

At Bodyism, we believe that any change that happens in the body, happens in the mind first. It's why we focus on your mental and emotional wellbeing as much as your physical health. The result is you achieve a long, lean body that looks and feels amazing.

### BLUEPRINT FOR HEALTH

We take an innovative and holistic approach to exercise and nutrition that works with your body, not against it. We'll help you create a beautiful body by focusing on your health and happiness. We'll teach you to listen to your body so you become your own best expert.

### DREAM TEAM

Rather than having one Bodyism performance specialist to assist you on your journey, we provide you with a team of passionate individuals who each offer their unique experience and expertise so that you can thrive in all areas of your training.

### BODY ORACLE

Your Bodyism journey will begin with a Body Oracle consultation. We'll carefully assess your overall health and wellbeing so we fully understand how your body works, where your body holds onto weight and establish the most efficient way of making progress.

### ONE-TO-ONE

We are guided by you and how you feel on the day. In every session, from 1-2-1 boxing, circuits or reformer pilates, we will listen to your needs, address any concerns and do everything possible to make you feel supported, energised and focused on reaching your goals.

### GROUP CLASSES

We encourage you to try our daily group classes alongside your tailored programme. From pilates and yoga to boxing and ballet. Every session will add to your holistic wellness experience so you leave feeling physically and mentally recharged and reinvigorated.

# BODYISM CLASSES

*Every Bodyism class begins with a shot of our Berry Burn supplement, packed with energy-releasing antioxidants.*

## Bodyism Sculpt

A workout that fuses functional movement patterns, dance inspired conditioning and mobility practices to target your smaller muscle groups, fire up your core and help unleash your inner dancer. Bodyism Sculpt will improve your coordination and mind body connection, increase muscular strength and endurance - and make you feel muscles you didn't know existed.

## Bodyism Barre

Bodyism Barre is a complete body workout that focuses on attaining a graceful posture, maximising core strength and improving flexibility. This challenging and fun conditioning class includes small movements and isometric holds that will work your entire body - leaving you feeling energised and empowered.

## Bodyism Warrior

This energising circuit session follows a high-intensity based programme designed to challenge even the strongest of warriors. The class will work every muscle, build physical and mental strength and improve your stamina. Be prepared to unleash your inner warrior.

## Bodyism Blueprint

A dynamic fusion of interval training, yoga, meditation and stretching. The hour-long Bodyism Blueprint class has been carefully designed and refined to lengthen, strengthen and tone your whole body, while invigorating your mind, body and spirit.

## Bodyism Pilates

Bodyism Pilates is designed so you can take your practice forward into everyday life. It helps strengthen your core and support your posture while lengthening and toning your muscles to help you

resist or recover from injury. It makes all your movement more efficient so it's the perfect complement to other forms of exercise or just for making long hours at your desk more comfortable.

## Bodyism Boxing

Our boxing classes are renowned. We've fused mindful movement with the authenticity of old-school boxing training for the ultimate cardio workout. A Bodyism Boxing session will make you feel like a fighter both mentally and physically.

**OUR CLASSES  
WILL LEAVE  
YOU FEELING  
RECHARGED &  
REINVIGORATED**

## B Free Yoga

The intention of B Free is to bring freedom of movement into the body and mind. This class is the true essence of the Bodyism ethos; listen to your body and respond intelligently. Access your individuality, find clarity and test the power of your body. Leave feeling refreshed, energised and truly alive.

## B Calm Yoga

The intention of B Calm is to bring the natural rhythm of your body and mind back to balance. The practice will ground you from hectic city life and the asanas focus will help you to unwind and calm down. The class will slow the nervous system back down from 'fight or flight' mode to a centered, more mindful way of being.

## B Strong Yoga

The intention of B Strong is to build strength into the body and mind. This class uses a dynamic flow to help create a long, lean physique and a strong supple mind. It also helps to deepen the awareness to the breath. The energising practice will allow you to find stability and power whilst becoming more mindful in the movement and understanding of the body.



# MEMBERSHIPS

---

## *Bodyism Saadiyat Platinum Membership*

- Unlimited Personal Training with Bodyism performance specialists with V.I.P privileges
- Unlimited Bodyism Group Classes
- Unlimited access to gym, pool and beach facilities for members
- 15% off all treatments at SPA, Jumeirah at Saadiyat Island Resort
- 10% off all retail items at SPA, Jumeirah at Saadiyat Island Resort
- Body Oracle assessment every two months
- One carefully selected Bodyism supplements pack per month
- A complimentary Bodyism shake after every PT session
- A complimentary 60 minute Saadiyat Revitalising Massage at SPA, Jumeirah at Saadiyat Island Resort
- A complimentary 90 minute Celestial Black Diamond Non Surgical Facelift by 111SKIN at SPA, Jumeirah at Saadiyat Island Resort
- 20% off from the total bill at all our restaurants at Jumeirah at Saadiyat Island Resort, applicable for the member and up to three guests
- 10 complimentary guest passes to the gym
- Access to the gym at Jumeirah at Saadiyat Island Resort and Jumeirah at Etihad Towers
- Personalized platinum welcome hamper with membership card
- Unlimited access to Kids Club (for Family membership Only)



## *Bodyism Saadiyat Gold Membership*

- Two complimentary Personal Training sessions with Bodyism specialists
- Eight complimentary Group Classes per month
- Unlimited access to gym, pool and beach facilities for members
- 15% off all treatments at SPA, Jumeirah at Saadiyat Island Resort
- 10% off all retail items at SPA, Jumeirah at Saadiyat Island Resort
- One Body Oracle assessment
- One carefully selected Bodyism supplements pack per month
- A complimentary Bodyism shake after every PT session
- 20% off from the total bill at all our restaurants at Jumeirah at Saadiyat Island Resort, applicable for the member and up to three guests
- Five complimentary guest passes to the gym
- Welcome hamper with membership card
- Special member's rate for Kids Club usage

**BODYISM IS  
THE SCIENCE  
OF A LEAN,  
HEALTHY &  
HAPPY BODY**



*Love and gratitude  
is the perfect attitude*