



APEX
360

INTRODUCING
APEX360 AT
ROSEWOOD BERMUDA

Exclusive Wellness offerings for
members of Tucker's Point and
Rosewood Bermuda guests

Ten Class
Wellness Pack \$280
Valid for 2 months

Twenty Class
Wellness Pack \$560
Valid for 3 months

40 Class
Wellness Pack \$1,120
Valid for 6 months

The Wellness Pack value can be used to access
any of the APEX360 classes except Meditation.





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APEX360 Wellness

Due to Strict Covid-19 policies, we kindly ask that you meet the instructor **8 minutes prior** to a class commencing at the assigned meeting point

Classes	Fee	Length	Maximum Capacity	Instructor	Meeting Point
YogaFlow	\$28	50min	10	Che	Beach Club Entrance
Meditation	\$14	50min	10	Maureen	Croquet Lawn
Kinstretch	\$28	40min	10	Alex	Croquet Lawn
HIIT Beach Workout	\$28	30min	15	James	Beach Club Entrance
RacquetFit	\$28	40min	12	Che	Tennis court Pavillion
Boot Camp	\$28	40min	10	Liam	Croquet Lawn
Zumba Plus	\$28	40min	10	Bertha	Croquet Lawn
Rosewood Walking club	No fee	1hr	25	Che	Beach Club Parking Lot
Strong Nation	\$28	40min	10	Bertha	Croquet Lawn

All APEX360 Wellness Programs are subject to change.
All Classes must be booked in advance through SENSE Spa.



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STRONG Nation™ combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. In each class you'll burn calories while toning arms, legs, abs and glutes.

KINSTRETCH: A movement enhancement system that develops maximum body control, flexibility and USABLE ranges of motion. The KINSTRETCH system is one born out of scientific research.

Zumba Plus, is the backbone of the dance fitness craze—it incorporates a variety of Latin-inspired dance moves and music to promote a healthy heart, a healthy dose of aerobic activity.

YogaFlow is a style of yoga characterized by stringing postures together so that you move from one to another, seamlessly, using breath. Commonly referred to as “flow” yoga or Vinyasa offer a variety of postures and no two classes are ever alike.

Meditation is training in awareness and getting a healthy sense of perspective. It allows an individual to improve focus and clarity on the present moment, reduce stress and enhance relaxation.

HIIT : High intensity interval training is a form of interval training leveraging cardiovascular exercise in alternating short periods with less intense recovery periods.



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RacquetFit is a philosophy where we try to match physical abilities with technical skills in order to perform at the highest level possible. This on-court class combines pillar strength, rotary strength with speed, reaction and agility to improve your ability to play any racquet sport.

Functional Core combines Functional Movement Systems, corrective exercises to address physical limitations in mobility and stability to enhance functional movement patterns required to MoveWell and LiveBetter. Each class is a series of segmental specific exercises designed to overcome restrictions in mobility and address the primary characters in a Joint-by-joint approach to human movement.

Load and Xplode is all about POWER. This class is systematic delivery to improve power for both golf and tennis. Each class centers on providing a strong stable base, stacking strength and converting it to an efficient power source. Power is the secret to hitting long bombs and strong forehand winners.

BootCamp generally includes a fairly intense mix of aerobic, strength training, mobility and stability exercises within each class. A boot camp workout is essentially a type of interval training — bursts of intense activity alternated with intervals of lighter activity such as mobility and stability stations.



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Personal Training

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30 Minute sessions

Meeting point is the
Croquet Lawn

Single session

\$84

Partner session
Max 2 people

\$56 per person

50 Minute sessions

Meeting point is the
Croquet Lawn

Single session

\$112

Partner session
Max 2 people

\$70 per person

Group session
3 or more

Price available
upon request

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All PT sessions must be booked in advance through SENSE Spa.



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APEX360 Wellness Assessment

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Our Wellness assessments are personalized to allow our team of professionals to create bespoke, data driven Wellness programs

60 minute Human Performance Screen includes anthropometric, Functional Movement Screen, heart rate profile, body fat, strength analysis and 1 month remote fitness program	\$220
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60 minute Dietician Nutrition Consultation Includes 1 month nutritional remote program	\$350
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Metabolic Cardio Energy System Assessment Includes Resting Metabolic and VO2 max	\$180
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APEX360 Wellness Bundle Includes all the above	\$700
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60 minute TPI Golf Body-Swing Assessment includes V1 golf swing analysis of the Big 12 with 1 month personal Golf Fitness TPI program	\$250
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60 minute RacquetFit Body-Tennis Assessment includes V1 tennis serve analysis with 1 month personal RacquetFit TPI program	\$250
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APEX360 Class Schedule

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MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

9am

STRONG
NATION
Bertha

615am

HIIT
Che

9am

STRONG
NATION
Bertha

615am

HIIT
Che

7am

Sunrise
YogaFlow
Che

9am

Load &
Xplode
Liam

7am

Meditation
Maureen

9am

Load &
Xplode
Liam

9am

STRONG
NATION
Bertha

8am

HIIT
Che

10:15am

Kinstreach
Upper Body
Alex

7am

Sunrise
YogaFlow
Che

11:15am

Kinstreach
Lower Body
Alex

7am

Sunrise
YogaFlow
Che

12pm

Kinstreach
Upper Body
Alex

9am

STRONG
NATION
Bertha

11:15am

Kinstreach
Lower Body
Alex

9am

Walking
Club
Che

12pm

Kinstreach
Upper Body
Alex

9am

Walking
Club
Che

1245pm -

Kinstreach
Lower Body
Alex

10am

Kinstreach
Whole Body
(60mins) Alex

1pm -

STRONG
NATION
Bertha

1pm -

Total body
Beach HIIT
James

1pm -

STRONG
NATION
Bertha

1pm -

Total body
Beach HIIT
James

1pm -

STRONG
NATION
Bertha

1pm -

STRONG
NATION
Bertha

2pm -

Zumba
Plus
Bertha

2:15pm -

Functional
Core
Liam

2pm -

Zumba
Dance
Bertha

2:15pm -

Functional
Core
Liam

2pm -

Zumba
Plus
Bertha

2pm -

Zumba
Plus
Bertha

5:30pm -

RacquetFit
Che

5:30pm -

RacquetFit
Che

2pm -

Meditation
Maureen

615pm -

Sunset
YogaFlow
Che

615pm -

Sunset
YogaFlow
Che

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