



Your desire to live a life with greater vitality and wellness has led you to us!

There is no greater investment than one in your health and well-being. Bluepoint offers our B.Fit Exercise Program that can start you on the path to your new life.

Together we will meet your goals by giving you the tools to make your surgery a long term success! We will tailor your Wellness Plan to fit your life -- no matter what obstacles you may have faced in the past!



Pre-Operative Exercise Consultation Includes:

- In-Office Initial Consultation- By Bluepoint Group Certified Personal Trainer
- Personalized Exercise Program – Catered to you!
- Ask the Expert! All access to the Bluepoint Personal Trainer in-person, via phone or internet

This is great introduction to our B. Fit Group Classes and a fantastic complement to our B. Well Wellness Program.

Group Exercise Classes

Exercise is one of the key components to your success! Exercise will help you lose weight and KEEP IT OFF! Bluepoint Fitness Professionals will guide, encourage, and help you get the body you want. Bluepoint will help you find the strength you need, and the body you want!

You will sweat, laugh, and be held accountable for your exercise program by friends and peers. You are strong and we are here to motivate you to find that strength!

Sessions will run every week, join anytime...Start When YOU are ready!

Training Packages Include:

- ◆ A Weekly Group Fitness Session (Instructed by a Certified Personal Trainer)
- ◆ Weekly Exercise Plan
- ◆ Weekly Exercise Journal
- ◆ Weekly Fitness Tips & Updates
- ◆ Weekly access to trainer for questions



Sessions are at: Sharron Baucom Dale City Rec Center
14300 Minnville Road, Woodbridge, VA
Annex Room 1



Call or e-mail now for more information

Amy (Trainer) 703-763-9326 or call our office

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Center of
Excellence
BARIATRIC SURGERY