

New You Boot Camp-WeightLoss Camp

At New You Boot Camp's Luxury Spain Boot Camp we offer an education, life changing experience and phenomenal results. We will absolutely ensure that you leave us feeling like a new person, completely rejuvenated, motivated and better than you have felt in years.

Dates and Prices 21 August to 28 August - £785.00

Unique Features **As this week is a "flexible boot camp" you can train at every opportunity or if you would like time to relax and enjoy the delightful pool then you can choose.**

Your Holiday

What's Included

- | Up to 10-12 Hours per day training to include all of our military training. You can train by choice at this property and this is the only venue where we offer this experience. All of our clients that like our intensive training programme can take advantage of our World Famous Programme. Alternatively, for those of you that are looking for a fabulous healthy holiday and would like to enjoy the poolside you can take part in as many or as few of our beneficial classes as you wish. Please do remember, that the more classes you take part in the better the weight loss and fitness results will be.
- | Sumptuous accommodation in Premier Private Villas, Private Villas, & Villas with either twin, triple or quad occupancy.
- | Delightful grounds, gardens & swimming pool for you to use as you wish throughout your stay. A magical forest with external Swedish Saunas for your ultimate relaxation.
- | Stunning hikes throughout the beautiful Andalucian countryside to increase your fitness and de-stress your mind.
- | You will be following the New You Boot Camp's Exclusive Therapeutic Nutritional Programme during your stay. Our own organic garden on site allows our chefs to truly cook from fresh.
- | Opportunity to have a goal setting and personal one to one with one of our world class trainers to work on individual training plan.
- | Cookery demonstrations from our wonderful chefs who will take you through some of our delicious therapeutic recipes.
- | All food, drinks and training are included.
- | Complimentary transfer to and from Malaga Airport. One pick up and one drop off is offered so please book your flights to coincide with these times. We can arrange alternative transfers if required but this is an extra cost.
- | Delightful therapeutic massages available throughout the week & all extra treatments must be booked prior to boot camp.
- | Enjoyable excursions can be arranged throughout your stay if you would like to take a flexible approach to our military programme. Horse riding, cycling, golfing, tennis and day trips to the beautiful City of Ronda can all be arranged.

What previous Customers Have Said about this Holiday Paul Town- 14th-21st of February 2014 Spain I have spent years neglecting myself, focus was on my job, never believing I had the time to fit in nutrition and exercise. I was looking back at old photographs at me in shorts and I looked good! New You Boot Camp has not only delivered immediate results but given me the tools and belief that I can look good again!

Erin Duft - 14th-21st of February 2015 Spain Luxury Boot Camp I came to boot camp to move up a level or two with my fitness. I have always been reasonably fit but I wanted to try a more intensive way to reach higher fitness levels and push myself to my limits, both mentally and physically. Thank you very much for all your amazing knowledge and expertise you shared with me throughout the week. I am highly grateful, it was a wonderful experience.

Ashlie Day - 12th - 19th of September 2014 I have been addicted to sugar all my life and this is the first week ever that I have gone without it. And I don't miss it. And now I have my size 12 body back! Thank you! Thank you to all the staff for the constant motivation and bringing fun into difficult sessions. It seemed impossible at the start but you made it possible!

Kim Marshall - Spain - 2nd -9th of June 2014 Thank you so much to everyone. The boot camp manager was amazing, approachable, lovely and always checking I was ok had a lovely chat to her about my reasons for attending, and she was so encouraging. Both staff were great and were able to tailor sessions for all fitness levels. Big thanks to staff Buxton for pushing me through the last two levels of the 2nd bleep test - so chuffed with my result!

Sussannah Hart - Spain - 2nd -9th of June 2014 I wanted to do something for myself - a break from the norm, which will have a positive impact on my health. Thanks for all your positive energy, support and advise.

Is this holiday for me? Each of you have different expectations and goals and our world class trainers will guide you to make sure you reach your goals for the week with us. Not only will you feel and see dramatic results during your week's stay with us but you will be educated throughout the week to be able to happily continue. As this week is a "flexible boot camp" you can train at every opportunity or if you would like time to relax and enjoy the delightful pool then you can choose. We can happily arrange a variety of local excursions for you if you would like to explore the local area or try different activities such as golf, tennis and visits to local towns. If you are looking for some real quality relaxation you could always indulge in one of our specialist treatments offered by our fabulous therapist. Each and everyone of our client's arrives at New You Boot Camp with a slightly different goal. You and your personal goals are important to every member of the New You Boot Camp Team. We work with you to show you what you can achieve and show you that you can accomplish anything you put your mind to.

Your Destination, includes sightseeing Andalusia will steal your heart and take your breath away. Andalusia is the region covering the southern-most part of Spain running from Almeria in the west to Cadiz in the east. It includes the unforgettable cities of Seville, Cordoba and Granada. Andalusia offers great ski-ing in the Sierra Nevada, beautiful walking country around Ronda and Jaen and fantastic beaches on both its Mediterranean and Atlantic coasts. It boasts beautiful unspoilt valleys and countryside with lemon and orange groves, fields of sunflowers, views to North Africa and intense blue seas. Andalusia takes its name from the Moorish kingdom 'Al-Andalus'. All around there is living evidence of the eight long Moorish occupation of Spain in the song, dance, art, architecture, people.

Classes and Workshops A range of massages are offered to throughout the week. Our delightful massage therapist is on site and hourly bookings can be made for a variety of different treatments including, sports massage, swedish massage, aromatherapy massage and reflexology. All treatments are £65 per hour and we strongly advise you book in advance to avoid disappointment. Our treatments are a wonderful addition to your boot camp experience and can aid weight loss nad stress reduction even further.

The Learning Experience Where is the boot camp? In the beautiful Andalucian Countryside near Gaucin in Southern Spain. The nearest airport is Malaga.

What could I expect to lose? Our average weight loss in Spain is 9lbs per person per bootcamp, and an overall average inch loss of 9".

Why is it good for me? The holiday is as flexible as you would like it to be making sure that every client has the holiday that is right for them. If you can't or choose not to exercise you can de-stress, relax and experience our therapeutic diet, educate yourself and enjoy a new way of eating.

How fit do you have to be? We welcome all fitness levels from beginners to advanced and ensure we tailor our fitness sessions so that they are suitable and enjoyable for you.

Who fly's to Malaga? Easy Jet, Ryan Air, Monarch, British Airway, Swiss Air & Air France.

Optional Extras

Single Room
Supplements,
Upgrades and
Budget Options
