

La Mon Weight Loss 3 Day Boot Camp

Drop a Dress Size & Get Fit In 3 days

Check In: Friday 27th January 2012 4-5pm

Check Out: Sunday 29th January 2012 8-9pm

The Benefits;

Reduce body fat by 3-5%

Drop 1 – 2 dress sizes

Increase in fitness levels, strength and endurance

Look and feel better in your favourite clothes

Reconnect to yourself in beautiful surrounds

Dramatic improvements in mental and psychological well being and reinvigoration

Decreased stress and anxiety - feel lighter, mentally and physically

Motivation and inspiration in a team environment

- 2 nights accommodation in 4 star accommodation
- Up to 10 hours of physical training per day by our top instructors.
- Camp rises at 05.45 and only stands down at 22.00 providing a program of constant low intensity physical training.
- Delicious and nutritious food prepared by our top chefs
- Massage Sessions
- Unlimited drinks which include water and a wide selection of detoxing, green and fruit teas
- A wide variety of activities including; boxing, circuits, hiking, orienteering, Zumba and much more.

We cater for a maximum of 20 people per course so that we can guarantee a great instructor to client ratio so contact us now to book your place and avoid disappointment.

A full recommended clothing list will be sent to you once your booking has been confirmed.

To book your place at Boot Camp: Tele: Stephen 02890 449504 or 07737063010