



# CYNERGY

## PERSONAL TRAINERS



### Health & Wellbeing Fitness Camp in Picturesque Tarifa, Spain.

### Week of: 16 – 23 April 2016

Kick Start Your Fitness Regime! Join Cynergy PT in Tarifa, Spain at The Fitness Sanctuary for a week long Health & Wellbeing Fitness Camp.

A luxury retreat, uniquely secluded, this stunningly rugged beach location provides the controlled environment and focus required to give you the ability to achieve marked results while making real changes in your lives.

With a maximum of 12 people on the program, split into two groups, there will be ample opportunity for personal one to one attention.

This inclusive retreat includes: Intensive cardio sessions, resistance training, calorie burning activities, yoga classes, Hiking excursions, as well as opportunities to explore. Throughout the week you will be fuelled by high quality organic nutrition prepared daily by onsite cooks.

**All inclusive prices are between £1779.00 and £1999.00 per person, excluding flights. No hidden costs. Prices based upon single occupancy, room grade, and season. Shared occupancy available at a reduced rate, please call us for more information.**



There will also be an opportunity for an excursion to the medieval walled town of Tarifa for a bit of sight-seeing, shopping, dinner, as well as plenty of time to relax by the pool back at the retreat.

Other services available for additional fees: Facial, manicure, horsebackriding. These can be arranged ahead of time should you wish.

