

# PURE FITNESS ANNOUNCES LIFESTYLE FITNESS WEEKEND ON APRIL

24-26 2009

Submitted by: Pure Fitness

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Unique event will rejuvenate mind, body and soul!

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05.02.2009 - Pure Fitness, a Luton based company specialising in event management, is proud to announce 'Pure Fitness', a unique lifestyle weekend taking place at Five Lakes Hotel, Golf, Country Club & Spa in Essex.

([www.fivelakes.co.uk](http://www.fivelakes.co.uk))

Pure fitness is a thoroughly enjoyable, healthy and fun weekend in a relaxing quality hotel environment. The weekend will incorporate an invigorating fitness schedule with a number of different classes across the weekend, health related seminars, award winning dining and spa facilities.

The event's primary focus is to provide a mind blowing, motivational fitness schedule, but after exerting all that energy, to also enjoy the down time. The Five Lakes club provides just that and more. Hence Pure Fitness's ultimate goal:

"For a Better Lifestyle"

Designed for ALL levels, the program has been designed for open minded, fun loving, energetic fitness enthusiasts of all ages. Classes, workshops and seminars are offered at Beginner, Intermediate and Advanced level, so as long as participants have the willingness to have a go, there will be plenty to get stuck into.

Activities on Offer

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Throughout the weekend, activities will vary to keep fitness fun and interesting. Among the activities provided are boot camp exercises, Pilates, combat, cycling, Latino, swimming and a whole lot more!

The evening entertainment includes a fantastic 3 course gala dinner with live entertainment.

The Pure Fitness weekend is an unforgettable fitness experience that offers exercise, nutrition, education and relaxation in an amazing and relaxed environment.

"Pure Fitness weekend breaks provide a chance to escape into a world of fitness indulgence and get away from the doom and gloom of the credit crunch", commented Trevor Wayne Pile, Managing Director, Pure Fitness.

-Ends-

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Notes to Editors:

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## ABOUT PURE FITNESS

Pure Fitness weekends give an all-inclusive retreat that combines great daytime fitness with a fun packed evening of entertainment. Their modern day fitness weekends are a far cry from the fit camps of old - they will help keep participants on the path to a healthy lifestyle through a fantastic and varied fitness program combined with award winning dining - all under the roof of a top quality hotel.

[www.purefitness.uk.com](http://www.purefitness.uk.com)

## ABOUT FIVE LAKES

Five Lakes is a stylish and beautiful resort hotel set in 320 acres of gorgeous wild, unspoilt Essex countryside. It offers some of the finest leisure and sports facilities in the south east of England - including two magnificent 18-hole golf courses. It is an exceptional location for the Pure Fitness weekend.

[www.fivelakes.co.uk](http://www.fivelakes.co.uk)

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## Press Contacts

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