

The Beaut Camp Break

Submitted by: Ragdale Hall Spa

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Thursday 21st to Sunday 24th October 2010

The first of a kind – a luxury fitness boot camp

(http://www.ragdalehall.co.uk/offer_detail.cfm/offer_ID/55/title/title=Beaut-Camp-Break) with some indulgent pampering too.....

Hosted by Ragdale's Fitness Expert and well known international presenter Dean Hodgkin, Beaut Camp guests will join a small, select group for a three night break that is ideal as a kick start to a shape-up regime or to provide a boost for those who've hit a plateau.

Beaut Camp Break

A packed schedule of both indoor and outdoor classes, together with mini seminars and talks, are designed to educate, inspire and motivate you. The workouts will be complimented by spa treatments that are specifically geared to ease tired muscles and leave you feeling relaxed and glowing with health.

A beaut camp self help manual and monthly follow-ups from a dedicated instructor should ensure the motivation continues, allowing you to meet your goals.

For further details please contact:

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