

# Fitness

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## BOOTCAMP

This is a super fun and energetic fitness retreat, with a tailored program in our indoor & outdoor venues. We don't expect your body to transform over night, but whether you are looking to bulk up or slim down, this healthy kick-start retreat is tailored to give you the tools & know how to get the results you want. Not only is it crammed full of activities, it also focuses on looking inside yourself with yoga & meditation classes, as we understand a healthy mind = a healthy body. Coupled with a healthy food program, professional trainers & future fitness plan, you can start as you mean to go on in 2016.

### FULL 4 DAY PROGRAMME

- ▶ full board accommodation\*
- ▶ 3 aqua aerobics
- ▶ 2 beach circuit training
- ▶ 2 power walks & 1 guided hike
- ▶ 1 body tone intro
- ▶ 3 fitness classes
- ▶ 1 kundalini yoga
- ▶ personalized fitness plan



Iyengar Yoga



## INFO & BOOKINGS:

T: 011 2344 2255

E: [wellness@coralcoasthotel.com](mailto:wellness@coralcoasthotel.com)

[www.coralcoasthotel.com](http://www.coralcoasthotel.com)

Zumba class

# PROGRAM

## DAY 1

14:00

Arrive, check in & register

18:00

Fitness introduction

19:00

Free evening in Dahab

## DAY 2

06:30 – 06:50

Hot lemon & water

07:00 – 08:00

Aqua aerobics

08:30 – 09:30

Breakfast

10:30 – 11:30

Power walk

11:30 – 12:30

Fitness class

12:45 – 13:45

Healthy lunch

15:30 – 17:00

Mountain walk

18:00 – 19:00

Dinner

19:30

Introduction to Body-Tone

## DAY 3

06:30 - 06:50

Hot lemon & water

07:00 - 08:00

Aqua aerobics

08:00 - 10:00

Circuit training session

10:30 - 11:00

Healthy smoothie

11:30 - 12:30

Fitness class

13:00 - 14:00

Healthy lunch

14:00 - 16:00

Power walk

16:30 - 18:00

Body tone class

18:30 - 19:30

Kundalini yoga class

19:30

Dinner

## DAY 4

06:30

Hot lemon & water

07:00 – 08:00

Aqua aerobics class

08:15 – 09:15

Breakfast

09:30 – 11:00

Circuit training session

11:30 - 12:30

Fitness class

13:00 - 14.00

Healthy lunch

14.30 - depart

additional therapies  
to book on request

\* Accomodation is at Coral Coast Dahab, based on 2pax superior room. Single supplements. Downgrade to standard rooms available. Superior rooms available (with tea & coffee making facilities, fridge, balcony with sea view). Facilities include private beach, swimming pool, restaurant & bar. We can arrange return transfers from Cairo – Dahab, by road or flights & liaise with other participants for car pooling.

full information pack available on request.