



Fitness

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 Power Mountain Walks
- ▶ 2 Fitness Classes
- ▶ 3 Personal Training
- ▶ personalized fitness plan



Iyengar Yoga



INFO & BOOKINGS:

T: 011 2344 2255

E: wellness@coralcoasthotel.com

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

07:00 – 08:00

Aqua Aerobics

08:30 – 09:30

Breakfast

10:00 – 11:00

Fitness Class

12:00 – 13:00

Healthy lunch

14:00 – 16:00

Mountain walk

16:30 – 17:30

Personal Training

18:00

Dinner

DAY 3

07:00 - 08:00

Aqua Aerobics

08:00 - 10:00

Personal Training

10:00 - 11:00

Fitness Class

13:00 - 14:00

Healthy lunch

14:00 - 16:00

Mountain Walk

16:30 - 17:30

Personal Training

18:00

Dinner

DAY 4

07:00 – 08:00

Aqua aerobics class

08:15 – 09:15

Breakfast

09:30 – 10:30

Personal Training

11:00 - 12:00

Final Consultation

13:00 - 14:00

Healthy lunch

14.30 - depart

additional therapies
to book on request

* Accommodation 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.