



# The Fitness Escape

The Fitness Escape, run by Rapid Results Fitness, is a 7 day fitness camp in sunny Morocco.

Stay in a high quality and private 14 bedroom villa and take part in yoga and fitness classes on site everyday; the Fitness Escape is everything that you need to feel blissful tranquillity whilst simultaneously improving your fitness levels.

Eat freshly grown fruits and quality Moroccan food every day, prepared fresh for you in the villa by your very own chef.

Take part in thrilling excursions to totally unwind and throw your cares to the wind...



## Adventure, Excursions...

- Quad Biking in the Desert
- Go Karting
- Atlas Mountains Trek
- Camel Riding
- Hammam Massage
- Medina Market



## Health & Fitness...

- Professional Yoga instructor every morning
- Conditioning circuits covering core and whole body
- Boxing at Rachid Jkitou Gym, WBC Mediterranean Super Middle Weight Champion



## Nutrition...

- 5 - 6 meals freshly prepared by an on-site chef in the villa
- Supplements
- Fresh fruit and snacks
- Meals tailored to your goals and preferences

## Aim of the Camp...

- Weight loss
- Fitness
- Relaxation
- Health
- Adventure
- Rejuvenation

**GUARANTEED!**



# The Fitness Escape Itinerary:

## Yoga 8:30 a.m.

- Professional yoga instructor
- Green tea first thing in morning
- Breakfast at 9:30 fruits, eggs, fish
- Relax

## Circuits and Conditioning 13:00

- Pre-workout snacks at 12:00
- 1 ½ hour session with regressions and progressions for all levels
- Core, legs, upper body, fat burners, teamwork
- 2:30 pm post workout supplements and snacks
- 3:30 pm big lunch
- Rest up, relax



## What's Included...

- Flights
- Transfers
- Food
- All Classes
- Excursions
- Accommodation

## Dates & Packages...

10th April - 16th April 2017

Packages are available to cater for all; individually designed to create a package that suits the person.

Sharing arrangements are also flexible, to suit both couples and singles.

# The Fitness Escape

