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Reset Your Coordinates

BODY:FIT RETREAT IBIZA

Our flagship retreat, Body:Fit is the new incarnation of Optimal Fitness – our most popular and longest standing programme. It's been running for five years and has welcomed hundreds of clients from all walks of life....but we felt it was time to reveal a new and improved version!

The retreat still welcomes a mixed group of all different ages, sizes and fitness levels – with many of our clients return again and again.

We cap numbers at 14 and utilise our results driven signature methodology alongside effective workout protocols like: HIIT, yoga, Pilates, boxing, suspension training, Tabata, kickboxing and more. We believe you should also experience the beauty of Ibiza, so they'll be plenty of outdoor activities included in your program to get you out in nature.

As with all our programmes, the Body:Fit retreat is an intense but carefully designed schedule that's ideal for clients wanting to get results fast. You'll get pre and post body composition analysis to track your progress, at least five hours of varied training a day and delicious, nutritionally balanced food. Think fat burning HIIT sessions, body shaping kettle bell workouts, plus relaxing yoga, coupled with morning sunrise hikes and stand up paddle boarding. All this alongside nutrition talks and motivational goal setting to transform not only the body, but the mind. And we're sure our clients will agree – you really can make this as challenging or as easy as you want (we don't hold you to ransom!) What we do promise is to fully motivate you to be the best you can be.

Your sanctuary will be the stunning, adults only Sol Beach House, with breakfast and lunches included. Then your evenings are free to sample the local restaurants – a list of recommended eateries and food choices are provided! You'll also get down time to enjoy the island's beach vibe, lounge by the pool, shop or take to the Old Town to do some people watching.

By the end of the retreat you're guaranteed to feel lighter, leaner and happier. Plus you'll be confident in your ability to sustain your new lifestyle when you return home.

Example Itineraries



08:30 Fitness test
10:00 Full body HIIT circuits
11:00 Hike/ SUP
13:00 Lunch
14:00 Nutritional talk
15:00 Kettlebells
16:00 Pilates
17:00 Mindfulness

08:30 Run
10:00 Full body HIIT circuits
11:00 Kickboxing
13:00 Lunch
14:00 Suspension training
15:00 Back circuit
16:00 Cardio Box
17:00 Yoga

What's Included:

- 6 nights accommodation and 5 days of sessions
- Daily breakfast and lunches
- Unlimited use of facilities
- Welcome meeting
- Fun and varied daily training, such as HIIT, circuits, boxing, kettle bells alongside morning hikes, SUP and yoga
- Inspiring and educational workshops on nutrition, motivation and goal setting
- Nutrition and training take-aways to keep you on track once you've returned home
- Fitness consultation including body stat analysis and fitness test at the beginning and end of the retreat

**The team is looking forward to welcoming you.
Please feel free to contact us with any further questions.**

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