



38°N

Reset Your Coordinates

Body:Fit UK Weekend Lifeshouse Spa & Hotel – Friday 13th to Sunday 15th January

New Year, New You? Fancy kickstarting those healthy resolutions with a weekend away at a spa hotel with great healthy food, fab training and a take-away workout plan? Say hello to our January Body:Fit UK Weekend.

Perfect for time poor, crazy busy people – this weekend is designed to not only kickstart your fitness regime, but set you on a healthier path. Over two days you'll shed some pounds, tone up and leave us feeling a happier, more confident version of yourself. We'll also send you on your way with a month long fat burning, muscle toning training pack so you'll stay light and lean, plus festive food and drink survival tips to keep you on track.

Your sanctuary for the weekend is the award winning Lifeshouse Hotel & Spa. Just over an hour outside London, it's nestled in the peaceful surroundings of English Heritage Listed Thorpe Hall Gardens in Essex. It's the ultimate health and wellbeing destination, where your days will be jam packed with a huge variety of training styles, nutrition advice, motivational and mindset work, plus amazing food and access to the serene spa.

Lifeshouse truly shares our vision of a holistic approach to health and wellbeing – making this one of our most immersive, fun and varied retreats to date. We'll have our signature HIIT sessions, Insanity, functional training, suspension training, cardio boxing, runs, a trim trail, Viper sessions and kettle bells. Plus there's a chance to get involved in a spin class! All this will be balanced with yoga, mindfulness, a nutrition workshop and goal setting sessions.

Starting Friday after lunch, you'll be met by the 38°N team and a delicious healthy smoothie. We'll get you settled in before the fun starts, talking you through what to expect. All meals are included and you'll have the choice of 'indulgent' or 'healthy' options. We're on hand to advise you, but not be militant – we believe in balance! There are healthy snacks and smoothies available throughout the day to keep your energy up.

After training hard, you'll have yoga or mindfulness to finish up. Then your evenings are your own – to have a delicious supper and relax in the spa to soothe any aching muscles. By Sunday after lunch, you'll be on your way – refreshed, fitter, leaner and lighter, with a plan on how to have fun this party season, but stay on track with your fitness goals.

So if you're ready to bound into the new year with a spring in your step – get in touch!



Example Itinerary

- 08:30 Run
- 10:00 Full body HIIT circuits
- 11:00 Cardio Box
- 13:00 Lunch
- 14:00 Functional Training
- 15:00 Goal Setting
- 16:00 Tabata Session
- 17:00 Stretching

What's Included

- 2 nights accommodation and 2plus days of sessions
- Full board
- Free transfer from local station
- Unlimited use of facilities and access to the spa
- Welcome meeting and healthy juice on arrival
- Smoothies and snacks throughout Saturday
- Inspiring workshops on nutrition, motivation and goal setting
- Nutrition, training & motivation take-aways to keep you on track
- Varied training methodologies and education on

Friday Jan 13th to Sunday Jan 15th

£499 Sharing (twin or double)

£599 Single

The team is here and waiting for you, please feel free to contact us with any further questions.

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www.thirtyeightdegreesnorth.com



Recommended by: Tatler, Vogue, The Telegraph, The Times The Sunday Times, The Independent, The Daily Mail, Grazia, Marie Claire, The Mayfair Times, National Geographic, Mens Fitness, Womens Health and more