

# *Escape to the Downs for a weekend of fitness and fun*

## What to expect...

- ✓ Plenty of exercise! Think kettlebells, HIIT, walks or runs, core, yoga and more..
- ✓ Lots of fresh air and invigorating countryside
- ✓ Gorgeous accommodation in a luxury barn
- ✓ Fabulous, yet healthy food prepared for you by our very own chef
- ✓ Fantastic company with like-minded mums
- ✓ Information and education workshops
- ✓ Lots and lots of laughter!
- ✓ Absolutely no worries or responsibilities for 3 whole days!



# Escape to the Downs with the Melita Fitness Retreat...

## Typical Itinerary

### Day 1

- 1.30pm 90min hike
- 3.00pm Check into venue
- 6.00pm 60min Workout - Strength, Abs and Mobility
- 8.15pm Dinner

### Day 2

- 8.30am 45min Workout - Yoga\*
- 9.30am Breakfast
- 10:30am Informal Workshop - Ask me anything!
- 11.30am 30min Workout - Upper Body Strength
- 12.30pm Lunch
- 2.00pm 45min Workout - Mixed intensity: Hills & more!
- 6.00pm 45min Workout - Dance Workout
- 8.15pm Dinner

### Day 3

- 8.30am 45min Workout - Kettlebell Strength
- 9.30am Breakfast
- 11.00am 60min Workout - Team Games
- 12.30pm Lunch
- 2:00pm Final Workout - Boxing plus Final Stretching\*
- 3.00pm Depart



### Location:

Brooklands Barn  
Priory Lane  
Arundel  
West Sussex  
BN18 0BG  
Approx 70min drive from  
Guildford

### Date:

Friday 16 October to  
Sunday 18 October  
2020

*\*Led by external instructors*