

The bootcamp LOWDOWN

Introducing the best places to get your intense health and fitness kicks this year

Every year we see new fitness trends emerge, from weird and wonderful yoga fusions (we're looking at you, dog yoga) to morning dance raves and twerking classes. One fitness favourite, which shows no sign of budging, is the fitness bootcamp. The American College of Sports Medicine predicted that bootcamps will be in the top 20 fitness trends this year and, on top of the more traditional varieties – think muddy parks and shouty instructors – there's a boom in unusual, exciting bootcamp programmes. Naturally, we've rounded up some of the latest and greatest. So, no matter what your target or aim, whether it's detoxing or boosting your fitness level, there's a fitcamp for you.

1) IF YOU WANT TO GO TRADITIONAL...

...TRY PRESTIGE BOOT CAMP

Known for its high-energy and effective group fitness training programmes, led by British Military Physical Training Instructors, Prestige Boot Camp promises weight loss through fun physical activity. Over the seven-day boot camp, you could find yourself sprinting up hills, boxing, doing circuits, cycling or taking part in team games. The fitness sessions are interspersed with rock climbing, zip wiring, abseiling, kayaking, surfing and Stand Up Paddleboarding, ensuring this isn't just the

usual military bootcamp experience. With carefully devised menus during your stay, and a nutrition plan for when the bootcamp ends, you'll feel fitter and healthier in no time.

Prestige Boot Camp runs weeks in Spain, Devon, Suffolk and London. It also offers corporate Boot Camp. Prices start from £39.50 for a one-day bootcamp and go up to £1,119. Visit prestigebootcamp.com for dates and more information.

2) IF YOU LIKE A BIT OF LUXURY...

...TRY FITNESS 12 BREAKS

Soften the blow of an intense bootcamp regime with the gorgeous Spanish surroundings and five-star all-inclusive fitness camps at La Manga Club. This year, the luxury resort is offering a range of fit breaks. Fitness 12 packages offer three workouts per day (cardio, weights, yoga, cycling and personal training) and 10 per cent off treatments to work your body and calm your mind. You'll stay in top-notch accommodation and have a consultation

with fitness personality Steve Halsall. The hotel is also offering Walkactive training camps with TV fitness guru, Joanna Hall. You'll learn her Walkactive walking technique, designed to help you boost your fitness and change your body shape – one woman lost six inches around her waist at a camp last year.

Prices for Fitness 12 start at £995pp for a four-night stay. For more information about Fitness 12 health and fitness breaks and to book, go to fitness12retreats.com/dates/. For further details about La Manga Club and to book, call 0034 96817 5577, email reservas@lamangaclub.com or visit lamangaclub.com.

3) IF YOU WANT LONGTERM EFFECTS...

...TRY PUSH RE-BOOTCAMP

Introducing the UK's first 're-bootcamp', Push Mind and Body. Located at Burgate Farm, in the picturesque woodlands of the New Forest, the retreat offers an escape from city life and distances itself from the more traditional park-based bootcamp.

7. Stressed? Formentera
Yoga's relaxing retreats work
on de-stressing and gut health

Harnessing the power of a range of wellbeing experts, including a nutritionist and mindfulness expert, the Push retreat aims to not just help you lose weight and make healthy choices, but equip you with the mindset to carry this on after the bootcamp ends. On the last night of the retreat, there are pampering treats including manicures, pedicures, facials, massages and spray tans – ideal for anyone who'd like a little TLC.

Prices for the seven-day retreat are £1,000 per person for a two-bed shared room and £1,500 per person for a private room with private bathroom. Head to pushmindandbody.com for more information.

4) IF YOU'D LIKE THE ULTIMATE DETOX...

...TRY THE YEOTOX

Eschewing the more traditional detox bootcamp, Yeotown offers a rugged, luxury escape and balanced programme for you to recharge your batteries. Nestled on the North Devon Coast, its bespoke package of coastal hiking, cycling, core work, meditation, Pilates, yoga, breath work and deep tissue massage rejuvenate and ingrain healthy lifestyle changes. It's not about weight loss – although it's likely you'll shift a few pounds – but rather about reclaiming your sleep, feeling less sluggish and learning a sustainable approach to your health. There's a reason why this is an award-winning retreat – it's making us calmer just thinking about it!

The Yeotox by Yeotown: 5-day Adventure costs £1,870 on an all-inclusive basis. Visit yeotown.com for more information.

5) IF YOU NEED SOMETHING SHORT BUT MIGHTY...

...TRY DYNAMIC POWER

This year, Grayshott Spa has launched Dynamic Power, a two-night stay for guests seeking an energetic, educational, healthy mini break. The programme incorporates 185 minutes of carefully selected fitness and treatments, including body composition analysis, a personal training session, a tennis or golf lesson and a classic massage using Grayshott's PureEssence range of natural oils, blended by their in-house aromatherapists. Food is healthy spa cuisine, with the executive chef working closely with Grayshott's clinical nutritionist to create an innovative and delicious menu, to ensure that even after just two days, you're good to go!

Grayshott Dynamic Power Packages start from £600 per person for two nights. For more information, see grayshottspa.com.

6) IF IT'S YOUR FIRST BOOTCAMP...

...TRY NEW YOU BOOTCAMP

New You Boot Camp's retreat, set in the rustic Herefordshire countryside, promises stunning hikes, life coaching, nutrition and goal-setting workshops, intense physical training sessions, cookery demos and cosy accommodation that's perfect for hitting the hay after a day of workouts (a full-on 10–12 hours a day!). The average weight loss across the week is a whopping 9.2lbs, meaning it's great for rapid results, but the experts on hand ensure you're well equipped to carry on the good habits, long after you've left.

Prices are from £655 for a week. Head to newyoubootcamp.com for more information.

7) IF YOU'D LIKE SOMETHING MORE 'ZEN'...

...TRY A FORMENTERA YOGA RETREAT

Establishing itself as one of Europe's best yoga retreats, Formentera Yoga returns this year with stays that have an emphasis on de-stressing and gut health with a dynamic yoga cleanse and juicing. Retreats run from March until October on the islands of Formentera and Ibiza and some also offer snorkelling, meditations, aqua pranyama, meditation and hiking. Forget muddy parks and burpees, this bootcamp is more about sunrise meditation and massages under the trees – perfect for those wanting to calmly and effectively re-energise from the inside out.

Prices start from £750 for a five-day retreat, including accommodation and meals. Head to the websiteformenterayoga.com for more information on retreats and to book. ■



Dynamic Power
Grayshott Spa

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Fitness 12,
La Manga

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Prestige Boot Camp



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Push re-bootcamp

3



New You
Boot Camp

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4



Yeotox
by Yeotown