

Drop fat, get fit & change your life

at the UK's only specialist weight loss, fitness & lifestyle change retreat for ALL fitness levels

 **ONTRACK**
WEIGHT LOSS RETREAT



- ✓ Lose weight and develop long term healthy habits
- ✓ Start any Sunday and stay 1 - 12 weeks
- ✓ Small groups of all ages, shapes, sizes & fitness levels
- ✓ Full program of fitness, healthy eating & education



Get fit & healthy in a 1st class location



A location & facilities to inspire you..

- ✓ Transform your body surrounded by 550 acres of stunning Devon countryside
- ✓ Get fit with 1st class facilities
- ✓ Close to Exeter, so easy access by car, train or plane



Lose weight, change habits, and get healthy with a specialist retreat program that gets results

Amazing results and long term lifestyle change



Exercise at your level

Whether you are a complete beginner, couch potato or a regular gym junkie our expert trainers will train you at your level, with fun sessions that will get rapid but lasting results. We welcome guests of all fitness levels.

Long Term Success Education

Our structured program of education seminars will help you deal with subjects like emotional eating, nutrition, motivation and other subjects so you don't just lose weight – but you keep it off!



Great Tasting Healthy Food

No rabbit food in sight. Enjoy great tasting real food that you can easily recreate when you get home. Develop new healthy eating habits, and learn healthy cooking techniques with cooking demos and practical cooking experience.



Ongoing support

Our commitment to you doesn't end when you leave. You will continue to receive a program of support after you leave and our experts will be on hand to help you through any challenges you have and help you succeed.



Typical Day

6.45am

Optional Morning Walk/Jog

7.30am

Healthy Breakfast

8am – 10.30am

Morning Training Session

10.30am – 11am

Morning Snack + Break

11am – 12.30pm

Lifestyle Change Seminar

12.30pm – 1.30pm

Healthy Lunch

1.30pm – 4pm

Afternoon Training Session with afternoon snack at 3pm.

4pm – 6pm

Rest time, or use the gym or pool

6pm

Healthy dinner

The exact schedule will vary between retreats but this is an example of a typical day.



A beautiful retreat to change your life

Set in 550 acres of Devon countryside at Woodbury Park

A setting that inspires you to succeed...

Transform your body at this beautiful retreat set within 550 acres of Devon countryside.

Within easy access by car or train the location is a perfect place to get fit, lose weight & get healthy. Plus...

- ✓ **Workout in the fully equipped gym**
- ✓ **Take an exercise class in the fitness studio**
- ✓ **Sweat it out in the Sauna**
- ✓ **Swim, relax or play in the indoor pool**
- ✓ **Recover in the hot tub with views to the woodland**
- ✓ **Enjoy a massage or treatment at the spa**
- ✓ **Keep in touch with free wi-fi**



Luxurious rooms to relax in...



Enjoy your long or short stay in a comfortable room to yourself, or we can match you with another guest to share with.

Relax in your elegantly decorated room at the end of a hard day and enjoy your TV or free wi-fi to stay connected.





How to book

It's time to get the life and body you want

Book your place now...

Programs start every Sunday and we simply need a 20% deposit to secure your place.

Call us on **0800 689 3104** to ask any questions, or make a booking.

Payment plan

We appreciate a life changing program like OnTrack can be a large investment so for guests where affordability is an issue we are pleased to offer periodic payment plan.

You simply make your deposit of 20% to secure your booking and choose your start date. You can then pay the amount off weekly or monthly and you just need to make sure its all paid before you arrive.

Don't let affordability stop you from attending OnTrack.

Please give us a call on **0800 689 3104** to discuss how we can help.



"Ontrack helped me turn my life around"



Fantastic program, amazing results



OnTrack Retreat - Rates

- ✓ **All inclusive programs**
- ✓ Start any Sunday and stay 1 – 12 weeks
- ✓ Check in is Sunday between 3pm and 5pm. Check out is 10am on your final Sunday.
- ✓ A free shared pick up is available from Exeter Station or Airport on Sundays.
- ✓ Rates are quoted per person, per program week (pppw) and include VAT. Rates are 'all inclusive'.




Book now and SAVE up to £900 in one of our TWO AMAZING RETREAT PACKAGES!!

Lodge Rooms



The following rooms are set within our beautiful lodges, within the grounds of the resort.

- Most cost effective rooms – perfect for those on a budget
- Easy access to main resort building and all facilities
- Cozy lodges with 4 bedrooms in each lodge
- Shared lounge, dining and kitchen area

| | | 1, 2 or 3 weeks | 4+ weeks |
|---|--|--|---|
|  <p>Lodge Twin Share with Shared Bathroom</p> <ul style="list-style-type: none"> • All inclusive • <i>Let us match you to share a room with another guest of the same gender, or bring a friend to share with.</i> | | <p>KICKSTART PACKAGE £500 off! Ends soon! Start 15 Apr, 22 Apr, 29 Apr or any Sunday in 2018 £990pppw</p> <p>Normally £1,490pppw</p> | <p>TRANSFORM YOURSELF £600 off! Ends soon! Start 15 Apr, 22 Apr, 29 Apr or any Sunday in 2018 £890pppw</p> <p>Normally £1,490pppw</p> |
|  <p>Lodge Single Room with Shared Bathroom</p> <ul style="list-style-type: none"> • All inclusive • <i>Most cost effective private room option</i> • <i>Your own private room</i> • <i>Shared bathroom to keep costs down</i> | | <p>KICKSTART PACKAGE £500 off! Ends soon! Start 15 Apr, 22 Apr, 29 Apr or any Sunday in 2018 £1290pppw</p> <p>Normally £1,790pppw</p> | <p>TRANSFORM YOURSELF £600 off! Ends soon! Start 15 Apr, 22 Apr, 29 Apr or any Sunday in 2018 £1190pppw</p> <p>Normally £1,790pppw</p> |
|  <p>Lodge Ensuite Room</p> <ul style="list-style-type: none"> • All inclusive • <i>Private room with your own bathroom</i> | | <p>KICKSTART PACKAGE £700 off! Ends soon! Start 15 Apr, 22 Apr, 29 Apr or any Sunday in 2018 £1390pppw</p> <p>Normally £2,090pppw</p> | <p>TRANSFORM YOURSELF £750 off! Ends soon! Start 15 Apr, 22 Apr, 29 Apr or any Sunday in 2018 £1340pppw</p> <p>Normally £2,090pppw</p> |

Resort Rooms



These rooms are within our main resort building with immediate access to all resort facilities...

- Hotel style rooms
- All have ensuite bathrooms
- Perfect for those who prefer a more private environment

| | | 1, 2 or 3 weeks | 4+ weeks |
|---|--|--|--|
| <p>Resort Private Ensuite Room</p> <ul style="list-style-type: none"> • All inclusive • <i>Private hotel style room with ensuite bathroom</i> | | <p>KICKSTART PACKAGE £800 off! Ends soon! Start 15 Apr, 22 Apr, 29 Apr or any Sunday in 2018 £1590pppw</p> <p><i>Normally</i> £2,390pppw</p> | <p>TRANSFORM YOURSELF £900 off! Ends soon! Start 15 Apr, 22 Apr, 29 Apr or any Sunday in 2018 £1490pppw</p> <p><i>Normally</i> £2,390pppw</p> |
| <p>Resort Twin Share Ensuite Room</p> <ul style="list-style-type: none"> • All inclusive • <i>2 For 1 special</i> • <i>Ensuite bathroom</i> • <i>Perfect for friends or partners together</i> | | <p>2 for 1 SPECIAL! 50% Off! Ends Soon! Start 15 Apr, 22 Apr, 29 Apr or any Sunday in 2018 £1,195pppw</p> <p><i>Normally</i> £2390.00pppw</p> | <p>2 for 1 SPECIAL! 50% Off! Ends Soon! Start 15 Apr, 22 Apr, 29 Apr or any Sunday in 2018 £1,195pppw</p> <p><i>Normally</i> £2390.00pppw</p> |

DAY STAY PROGRAM

Day Stay Program

The day stay program is for locals or those who want to participate in the program but find alternative accommodation nearby. It includes the full program and all meals except dinner. Dinner is available for extra charge. You must stay offsite or travel into us each day. No accommodation included.

KICKSTART PACKAGE

£350 off! Ends soon!
 Start 15 Apr, 22 Apr, 29 Apr or any Sunday in 2018
£740pppw

Normally
 £1,090pppw

TRANSFORM YOURSELF

£450 off! Ends soon!
 Start 15 Apr, 22 Apr, 29 Apr or any Sunday in 2018
£640pppw

Normally
 £1,090pppw

Any questions?

Call 0800 689 3104 or contact us online at www.ontrackretreats.co.uk

Ready to book?

Make a 20% deposit now. Call 0800 689 3104

All bookings are subject to availability, and rates change on a regular basis. For up to date rates visit our website at <http://ontrackretreats.co.uk/get-started/rates/>