



TRANSFORM YOUR BODY & YOUR LIFE

at Englands No.1 Weight Loss and Fitness Retreat

- ✔ Lose weight and develop long term healthy habits
- ✔ Start any Monday and stay for 1 – 2 weeks
- ✔ Small groups of all ages, shapes, sizes & fitness levels
- ✔ Full program of fitness, healthy eating & education



CHOOSE FROM 2 STUNNING LOCATIONS...



Lanzarote, Canary Islands, Spain

This is the perfect setting to begin your life changing weight loss & fitness experience in the sun. Enjoy indoor and outdoor pools, world class facilities & a full day spa. Take a holiday and come home healthier than ever before!



Cotswolds, United Kingdom

Get fit, lose weight & get healthy at our comfortable Cotswolds Retreat. With great facilities, beautiful walks, heated pool & spa, it's the perfect retreat to achieve life changing results.

Europe's most popular weight loss retreat program

Amazing results and long term lifestyle change



EXERCISE AT YOUR LEVEL

Whether you are a complete beginner, couch potato or a regular exerciser, our expert team 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. Just great tasting nourishing food that you will find it easy to continue with when you get home. At selected locations enjoy practical healthy cooking experience too.



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

- **7am**
Optional Morning Walk/Jog
- **7.30am**
Healthy Breakfast
- **8am – 10am**
Morning Training Session
- **10am – 10.30am**
Morning Snack + Break
- **10.30am – 12pm**
Lifestyle Change Seminar
- **12pm – 1pm**
Healthy Lunch
- **2pm – 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.

Success for all ages, shapes, sizes & fitness levels



Real people just like you, achieving amazing results

IS THE ONTRACK PROGRAM RIGHT FOR ME?

Hundreds of people every year say 'YES!'

Whether you have 100 kgs to lose, or just need to shift a few kilos our expert trainers will work with you at your level. If you are new to exercise don't worry our team will support and motivate you to achieve things you never thought possible. If you already have a certain level of fitness our inspiring trainers will take you to a new level of fitness entirely.

A COMPLETE PROGRAM OF LIFESTYLE CHANGE

Amazing results that last for the long term

The entire OnTrack program is designed for the long term. Not only will you get amazing results during your stay but also leave us confident of keeping the weight off, and continuing towards your final goal when you get home. That's our promise to you.

LISTEN TO WHAT OUR CLIENTS SAY...

“ If you start a diet every day of the week but lack the strength, know how, desire and commitment to continue working towards your healthy weight and fitness then try OnTrack, they'll give you the boost you need and set you on the right path.

Jody

“ OnTrack was exactly what I needed to kick start my weight loss and healthy living routine. It taught me a lot about healthy living and how to apply what I learnt into my every day life. A fantastic experience I would recommend to anyone seeking assistance in a lifestyle change.

Alana

“ The decision to attend the OnTrack weight loss retreat has been one of the best decisions i have made.

Robert

“ What a great experience and I would recommend OnTrack to everyone who is thinking of starting on a weight loss and fitness journey for life. The compliments I'm getting from everyone proves their system works and is a no gimmick straight forward way to live in our world of excess and still loose weight using the tools they have shown us. Thank you OnTrack

Sheryl

“ OnTrack has helped me get my life back on track. I have been over eating and sedentary for many years. In two weeks I have got back in touch with my body, my strength, my determination and my love of exercise and healthy food. I came home feeling very relaxed and alive.

Maria

“ The weight loss was great and more than I expected but the most important thing for me is the information I gained from the team to be able to make healthy changes at home.

Kerry

“ Ontrack was the kick start I needed and I have come home so motivated & happy.. Loving the endorphins :)|Thank you

Fran

“ I have tried diets, joined gyms and had plenty of personal training, but nothing compares to the OnTrack Program.I am feeling like a new person and ready to take on the year. I found the On Track Program helped me mentally and physically I am now well trained to move forward with a much healthier life style.

Leesa

Join 100's of real life success stories



STUNNING RESORTS IN BEAUTIFUL SETTINGS

Lanzarote | Barcelo Resort



SCENIC BEACHFRONT SETTING

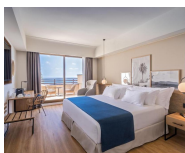
Within easy access from Lanzarote airport you will be our guest at the beautiful Barcelo Resort, the perfect place to lose weight, drop fat and embark on a life changing retreat experience in the sun.

FACILITIES

As a guest at the OnTrack Retreats you will have access to:

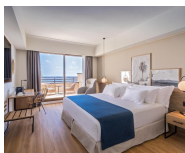
- > Resort style setting
- > Indoor pool and sauna
- > Onsite treatment spa
- > Gym & tennis courts
- > Internet access

ROOM TYPES



King Ensuite Balcony Room

Your own private airconditioned room with a king bed, ensuite bathroom for you to relax on.



Twin Share Ensuite Balcony Room

Bring a friend to share with or let us match you with another guest of the same gender sharing this ensuite airconditioned room with twin beds.

Cotswolds | Robinswood Resort



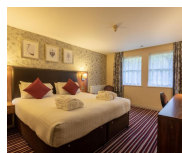
RETREAT NEAR THE COTSWOLDS

Close to the midlands at Robinswood Resort our Cotswolds retreat offers you a beautiful location to kick start your fitness, lose weight and transform your body.

FACILITIES

- > Great gym
- > Beautiful country retreat
- > Beautiful walks
- > Heated indoor pool & spa
- > Internet access
- > Onsite treatment spa

ROOM TYPES



Private Ensuite Room

Your own private room with ensuite bathroom. Enjoy a king size bed and views of the gardens.



Twin Share Ensuite Room

Bring a friend to share with or we can match you to another guest of the same gender

TIME FOR ACTION

HOW TO BOOK

IT'S TIME TO GET THE LIFE AND BODY YOU WANT

HOW TO BOOK A PLACE

We only need a £300 deposit by credit or debit card to secure your booking.

Simply call us to secure your place now.

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 a periodic payment plan.

You simply make your deposit of £300 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 the balance is fully paid 12 weeks before you arrive.

Don't let affordability stop you from attending OnTrack. Please give us a call on 0800 689 3104

Next Retreat Start Dates

Stay 1-2 weeks starting on...

5 th January 2025	12 th January 2025
9 th February 2025	16 February 2025
9 th March 2025	16 th March 2025
13 th April 2025	20 th April 2025

Call 0800 689 3104 now