

TRANSFORM YOUR BODY & YOUR LIFE

at the U.K.'s and Europe's No.1 Weight Loss and Fitness Retreat



Lose weight and
develop long term
healthy habits



Improve your health
without
medications



For all ages,
shapes, sizes &
fitness levels



Achieve results
with us or get
a full refund

Choose from 2 amazing locations



Berkshire, United Kingdom

Berkshire is the perfect setting to begin your life-changing weight loss and fitness experience. Enjoy indoor pools, world-class facilities and a full day spa. This flagship location helps guests return home healthier than ever before.



Lanzarote, Canary Islands, Spain

Lanzarote offers amazing health results in a beautiful warm climate. Get fit, lose weight and get healthy at our beachside resort. With great facilities, beautiful walks, heated pool and spa, it's the perfect retreat for life-changing results.

 **EARLY BIRD SALE - JUST £2,090 PER WEEK!**

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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 deliver rapid but lasting results. We welcome guests of all fitness levels.



LONG TERM SUCCESS EDUCATION

Our structured program of education seminars helps guests tackle emotional eating, nutrition, motivation and other key subjects so they don't just lose weight — they keep it off.



GREAT TASTING HEALTHY FOOD

No rabbit food in sight. Just great tasting nourishing food that is easy to continue with when you get home. At selected locations guests can also enjoy practical healthy cooking experiences.



ONGOING SUPPORT

Our commitment doesn't end when guests leave. They continue to receive support and our experts remain on hand to help them 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, our team will support and motivate you. If you already have some fitness experience, our inspiring trainers will help take you to a new level.



A COMPLETE PROGRAM OF LIFESTYLE CHANGE

Amazing results that last
for the long term

The entire OnTrack program is designed for long-term success. Guests achieve excellent results during their stay and leave confident about keeping the weight off and continuing toward their final goals at home.

LISTEN TO WHAT OUR CLIENTS SAY...

“ OnTrack gave me the tools, support and motivation I needed to take control of my health and get my life back on track.

Jody

“ I've been over eating and sedentary for years. In two weeks I got back in touch with my body, my strength and my love of exercise and healthy food.

Maria

“ OnTrack was exactly what I needed to kick start my weight loss and healthy living routine. I would recommend it to anyone seeking a lifestyle change.

Alana

“ The weight loss was great and more than I expected, but most important was the information I gained to make healthy changes at home.

Kerry

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

Robert

“ OnTrack was the kick start I needed and I came home so motivated and happy. Loving the endorphins :) Thank you

Fran

“ What a great experience! OnTrack has given me the tools and knowledge to succeed on my weight loss journey for life.

Sheryl

“ I have tried diets, joined gyms and had plenty of personal training, but nothing compares to the OnTrack Program. I am now ready to move forward with a much healthier lifestyle.

Leesa

Join 100's of real life success stories



STUNNING RESORTS IN BEAUTIFUL SETTINGS



Berkshire | Warners Resort



SCENIC COUNTRYSIDE SETTING

Lose weight and get fit at our stunning Grade I Tudor manor set on a 113-acre estate. Surrounded by history and beautiful grounds, this is one of England's most distinctive retreat settings.

SUMMER SALE - JUST £2,090 PER WEEK!

[OnTrack Retreats Booking Form >>](#)

FACILITIES

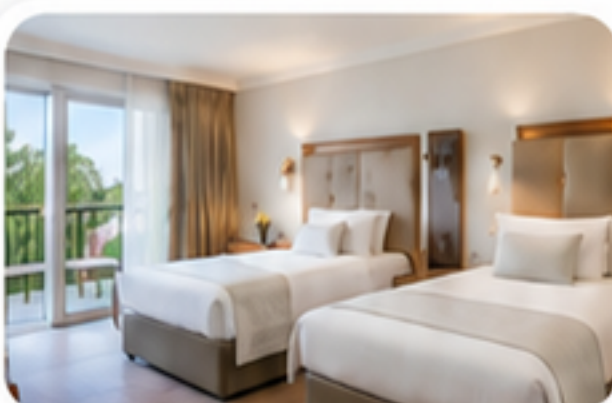
- ✓ Resort style setting
- ✓ Indoor pool and sauna
- ✓ Onsite treatment spa
- ✓ Gym & tennis courts
- ✓ Internet access

ROOM TYPES



King Ensuite Balcony Room

Your own private air conditioned room with a king bed and ensuite bathroom for you to relax in.



Twin Share Ensuite Balcony Room

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

Lanzarote | Barcelo Resort



BEACHSIDE SETTING

Our Lanzarote retreat offers a beautiful beachside location to kick start your fitness, lose weight and transform your body. With 4 swimming pools and a tropical setting, it is the perfect sunshine retreat for amazing wellness results.

SUMMER SALE - JUST £2,090 PER WEEK!

[OnTrack Retreats Booking Form >>](#)

FACILITIES

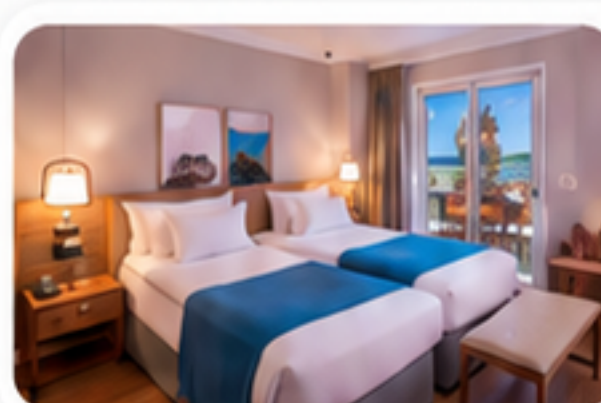
- ✓ Great gym
- ✓ Beautiful beachside retreat
- ✓ Beautiful walks
- ✓ Heated pool & spa
- ✓ Internet access
- ✓ Onsite treatment spa

ROOM TYPES



Private Ensuite Room

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



Twin Share Ensuite Room

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



TIME FOR ACTION

HOW TO BOOK

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



We only need a 50% deposit
paid via credit card to
reserve your booking.



Simply call us to secure your
place now or use the online
booking form below.

[OnTrack Retreats Booking Form >>](#)



6 MONTH PAYMENT PLAN

We appreciate that 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 six month payment plan.



Pay the retreat amount off monthly over
a 6 month period.



Don't let affordability stop you
from attending.



Please give us a call on
0800 689 3104



2026 & 2027 Retreat Start Dates

Stay 1 week starting on...

CURRENT RETREAT DATES JUST £2,090 PER WEEK!

1

30 October to 6 November 2026
(Berkshire)

2

22 to 29 November 2026
(Lanzarote)

3

15 to 22 January 2027
(Berkshire)



Real Results. Real People. Real Change.