

CLIENT: Camp Katur
SOURCE: Woman Diet Special
DATE: 1st April
CIRCULATION: 26,170
Reach: 104,680
AD VALUE: £23,413
PR VALUE: £93,652



Getting away from it all

Have a holiday for YOUR HEALTH

Swap sunburn for calorie burn with these intensive shape up breaks

BOOTGLAMPING!

CAMP KATUR, BEDALE, NORTH YORKSHIRE

Set amongst 250 acres of rolling countryside, Camp Katur gives bootcamp a whole new meaning! Later this month the cool glamping resort will be running its first fitness weekend offering a range of activities from military fitness sessions, team games, runs, hikes, nutritional talks and yoga. At night you'll stay in Glamping Meadow and will be able to enjoy the outdoor eco-spa and Norwegian Woodland BBQ Pod!

What it costs Prices start at £350pp, depending on which accommodation you choose. Bootcamp runs from 8-10 June. Book at campkatur.com or by calling 0843 886 0607.

Glamp your way to fitness

TAILOR-MADE TRANSFORMATIONS

CHAMPNEYS, VENUES ACROSS THE UK

It's an uber regimented fitness break is all a bit too much, how about creating your own bespoke getaway at one of Champneys's four UK resorts? The new Mini Boot Camp programme allows you to build your own schedule, choosing from more than 30 classes with the help of a personal trainer. But don't think you can slack off! The values are the same as a bootcamp and you'll pace your body through five hours of exercise in just nine hours.

What it costs Prices start from £50pp for one day, including lunch, or from £109 for an overnight stay. Resorts are located in Tring, Forest Mere, Henlow and Leicestershire. Visit champneys.com or call 0843 316 2222.

Bootcamp luxury style

Get fit in a five-star retreat