



## The BIG Apples & Pears Charity Event!

**ALL profits will go to: Spinal Injury Charities & Help for Hero's & The Royal Marine Association**

**What to expect:** An intensive 3-day weight loss and fitness programme which will give you a huge motivational boost. Back-to-back exercise sessions so that no matter what your fitness ability, you will workout to your own limit!

A fund raising event for incredibly worthy causes. You won't regret being part of this kick-start weekend! Places are limited and will go on a first come first served basis.

**Dates:** Sat 21st (11:00) - Mon 23rd (17:00) August

**Venue:** Stonar Boarding School, Atworth, Wiltshire, SN12 8NT

**How to reserve your place:** Call Katie on 07500 352 491 or email her [info@applesandpearsretreat.co.uk](mailto:info@applesandpearsretreat.co.uk)

Call Amanda Reid to arrange Easy Jet flight to Bristol & lift to Glasgow airport:

Tel: 01360 661 403 mob: 07811 633968 email: [info@amandapilates.co.uk](mailto:info@amandapilates.co.uk)

**Rates:** Twin: £245 OR Single: £295

(£275 includes Friday night's twin accommodation if flying from Glasgow)

Groups divided according to fitness ability

### Activities to expect over the 3-days

- Why overeat?  
Expert speaker,  
Dr Goly
- Yoga
- Pilates
- Aqua aerobics
- Swimming
- Team Games
- Salsa Fit
- Military Survival
- Abs attack
- Boxing
- Boxercise
- Step Aerobics
- Beginner &  
Intermediate  
Aerobics
- Dance aerobics
- Assault Course
- Swimming  
Coaching
- 1:1 Personal  
training
- Circuit  
  
(additional  
charge per  
session)
- Nutrition & Goal  
planning  
Seminars
- Free T-shirt &  
water bottle  
  
and loads more...