



*A fusion of health, fitness and a little bit of luxury...*

*Our boot camp retreats and weight loss retreats are the perfect way to relax, shape up and have some fun in the sun all at the same time. Experience a health inspired adventure with Bella Vita Retreat.*

Bella Vita Retreat is centered on fitness and wellness in a results oriented environment. With a growing awareness of health and fitness, the staff of Bella Vita Retreat is here to help you meet your health and wellness goals and get you on the road to a healthy lifestyle you can live with. Our staff of personal trainers, nutritionists, massage therapists and health practitioners are here to motivate, encourage and guide you through your health and fitness adventure. And all of the hard work...we'll pamper you too.

Join us at Bella Vita Retreat. We look forward to meeting you.

*\*All rates are subject to change based on location, availability and season. Please call ahead to find out dates and prices for all of our retreat packages.*

*1150 hungryneck blvd. suite C376 mt. pleasant, sc 29464  
800-768-5708*

# Bella Boot Camp

*Rejuvenate and Reinvent You!*

Palm Beach, FL  
San Pancho, Mexico  
Santa Barbara, CA

Bella Boot Camp Includes:

Meals & Accommodations

150 Minutes Credit for Massage & Body Treatments

Daily Boot Camp

Daily Stress Reduction

Two Yoga Sessions

Daily Core Conditioning Sessions

Daily Morning Cardio

One Personal Training Session

One Personal Nutrition Session

Personalized 4 Week Nutrition and Fitness Program

One Stretching Session w/ Personal Trainer

Bella Vita Retreat Tee, Hair and Skin Care Products

Rates:

Palm Beach

\$2550 Single / \$1850 Double – 6 Nights

\$1595 Single / \$1195 Double – 3 Nights

San Pancho

\$2550 Single – 6 Nights

Santa Barbara

\$2550 Single – 6 Nights

# Bella Weight Loss Retreats

*Relax, Enjoy and Revive!*

Palm Beach, FL  
San Pancho, Mexico  
Santa Barbara, CA

## Bella Weight Loss Retreats Include:

*Bella Weight Loss Retreats are highly personalized and are custom designed for each individual.*

Meals & Accommodations

Five Cardio Sessions

Five Personal Training Sessions

Three Core Conditioning Sessions

Fitness and Nutrition Assessment

Basal Metabolic Rate Calculation

Body Fat Analysis

210 Minutes Credit for Massage & Body Treatments

Two Private Yoga Sessions

Three Private Nutrition Sessions

Five Stress Reduction Sessions

Personalized 8 Week Fitness & Nutrition Plan

Bella Vita Retreat Custom Robe, Bella Vita Retreat Tee, Hair and Skin Care Products, Fitness Accessories

## Rates:

Palm Beach

\$3850 Single / \$3450 Double – 6 Nights

San Pancho

\$4450 Single – 6 Nights

Santa Barbara

\$4450 Single – 6 Nights