




bella vita retreat
where the focus is you...

Our boot camp 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.

“The fitness retreat with a boot camp edge”

Bella Boot Camp

Belloga Retreat

Bella Bridal Retreat

*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.*

*Bella Vita Retreat, LLC
1150 hungryneck blvd. suite C376 mt. pleasant, sc 29464
Phone: 800-768-5708
Email: info@bellavitaus.com*

Bella Boot Camp

Rejuvenate and Reinvent You!

Fort Lauderdale, FL

Bella Boot Camp is designed to be an intensive fitness jump start. Limited to 16 people, the program is unique to each participant. Individual attention and instruction is given daily throughout all of the activities.

Classes begin at approximately 8:30am (depending on time of year) and last for the duration of the morning ending at approximately 12 noon or 12:30pm. One to two late afternoon classes are also offered for those that would like more activity. Classes range from 30 Minutes to 90 Minutes depending on the class. We try our best to use the beach as our fitness center, however some classes are held in the group fitness room as well as the fitness center.

Bella Boot Camp Includes:

Three Meals Daily (One Entrée per Meal, Plus Beverage – No Alcohol)

Accommodations (Standard Room)

Daily Beach Boot Camp

Stress Reduction

Pilates Mat

Yoga Flow

Core Conditioning Sessions

Stretch Fusion

Daily Cardio Challenge

Spinning

Body Composition, Weigh In & Measurements

*Personal Nutrition, Personal Training, Private Yoga and Pilates also available for an additional fee.

Bella Boot Camp, an intense health and fitness program, can be modified to any fitness level.

A Bella Meal Guide is provided for guests to order from if interested in weight loss or overall strength and endurance gains.

Rates – 2007

Rates are Per Person

December – May

6 Night Retreat
Single Occupancy
\$2650 Spa Package
\$2450 Fit Package

Double Occupancy
\$1995 Spa Package
\$1795 Fit Package

June – November

6 Night Retreat
Single Occupancy
\$2450 Spa Package
\$2250 Fit Package

Double Occupancy
\$1795 Spa Package
\$1595 Fit Package

Spa Package – Includes \$200 Credit to the Spa
Fit Package – Does Not Include Spa Credit

*Three, four and five Night Packages also available.



Balance

STRENGTH

Truth

BEAUTY

Belloga Retreat

For the yoga lover, Belloga Retreat offers the perfect combination of sports conditioning and a strong yoga practice.

- Accommodations (Standard)
- Three Meals Daily (One entree and one beverage per meal)
- Twice Daily Yoga Practice (Morning & Evening)
- Daily Meditation or Guided Imagery Sessions
- Daily Beach Boot Camp Sessions
- Daily Cardio Challenge
- Core Strengthening & Balance Sessions
- Stretch Fusion Sessions
- Pilates Classes
- Optional Spinning Classes
- One Hot Stone Massage
- One Seaweed Wrap
- Nutrition Session - Balanced Nutrition
- Nutrition Session - Anti Aging Nutrition
- Environmental Awareness Class

Rates - 2007

6 Night Retreat

December – May
\$3150 Single
\$2500 Double

June – November
\$2950 Single
\$2300 Double