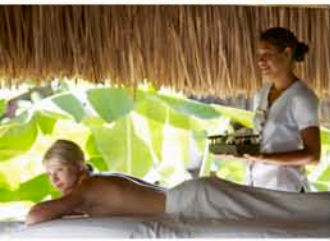




Bodibreak® Fiji Spring/Summer 2010/2011 www.lifesagym.com



Blue Lagoons, Sunsets and the Wake Up Workout®. Relax, Rejuvenate, Recharge and get Results - Bodibreaks® Fiji



One of our favourite destinations that combines sporty chic effortlessly. It's just a short flight to paradise and we love treating our Bodibreak® guests on location at the Sheraton Fiji resort and spa.



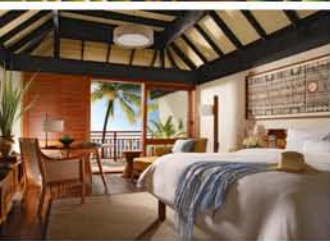
With combined use of the Westin, Sheraton Fiji and Sheraton Villas resort facilities everything we need is at our fingertips. An ideal location for golfers and tennis enthusiasts the resident pro's add an extra spark to your game. Opt in as part of your Bodibreak® program or book additional lessons throughout your 5 day stay. Feeling adventurous book in for PADI diving or make a trip to the reef. Our aim is to create a program based around your interests - but one that will get you the results you need and fit in with your lifestyle back home.



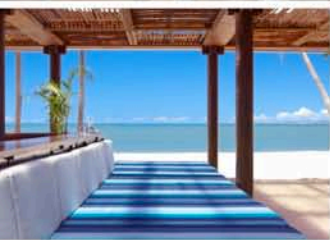
As with all our locations exceptional care and attention is given to our VIP groups. From preferred guest check in to priority for upgrades and access to the gym and spa facilities - including Nikki's favourite the infinity pool.



Our usual program activities are planned in with you pre travel intake - Wake Up Workout®, surfing, SUP, Kayaking, Bootcamp on the Beach, cooking and Chef's table, massage, sunrise and sunset yoga/pilates, gym and fitness advise on how to get more out of your memberships - plus tennis, golf, diving* and even some sailing* if you are keen.



Next available dates:
03 - 07 November 2010
01- 05 December 2010
09- 13 March 2011



Prices start pp twin share from \$2650 AUD for 5 days and 4 nights. Wednesday till Sunday inclusive private transfers, full breakfast, 2 lunches, 2 dinners, all program activities plus your 4 week take home fitness and nutrition plan.

Extend your stay with special rates per additional night
Corporate and private group bookings available on request - note a surcharge applies for groups of 4 or less.

*extra fees for diving, horseriding, sailing and additional lessons for golf and tennis will apply at partner rates. See our full BODIBREAKS PDF for more information www.lifesagym.com.



For bookings email: bodibreaks@lifesagym.com or call +61 (0) 4281 989 11. © All rights reserved Life's a Gym 2010.