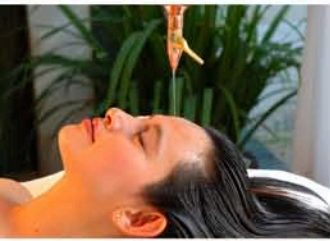


Bodibreak[®] Noosa Spring/Summer 2010/2011 www.lifesagym.com



Life's A Gym in Noosa

Welcome to feeling fantastic



Experience the ultimate in personal attention – from a hand picked crew of elite instructors, using nature as your gym. The magic combination of fitness, nutrition and a luxury holiday - welcome to the BODIBREAK© Noosa. If a long weekend is all you have then we can make it the best long weekend ever.



During your pre BODIBREAK© intake we find out what your goals and needs are, plus your interests and activities you'd really like to try. Our commitment to excellence and attention starts from the moment you touch down - transfers from Sunshine Coast or Brisbane airport and straight to VIP check in at the newly opened 5* Outrigger Resort.

www.outrigger.com.au

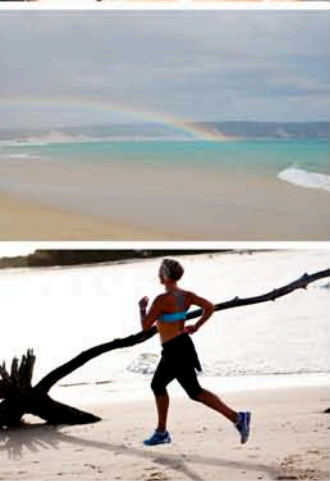


Enjoy luxury apartment style rooms with every convenience on hand - a sumptuous restaurant and lounge area with views stretching over the Noosa North Shore. Situated amongst the national park headland it's common to see koalas, dolphins playing out in the bay and a host of wildlife bringing you close to nature.



Relax and unwind with your welcome spa treatment then join for cocktails in the bar area to meet your personal coaches. Days are full but well balanced - designed around your needs and your level.

Activities include the famous Wake Up Workout©, Bootcamp on the Beach, surfing, SUP, mountain biking, running, boxing, yoga, pilates, ocean swims, chef's table and special tours across the Noosa Triathlon course. Relaxation is one of our priorities - so if you are not meeting with Nikki to discuss your take home program book your spa treatments at the luxurious Stephanies Ocean Spa onsite - a short step back to your own rooms for siesta.



21 - 24	October	2010
25 - 28	November	2010
09 - 12	December	2010
27 - 30	January	2011

Prices start pp twin share from \$2125 AUD Thursday - Sunday inclusive. Extra nights accommodation available. Corporate or private group bookings upon request - minimum numbers for a private group is 4 people *surcharge applies for groups of 4 or less. For bookings email: bodibreaks@lifesagym.com or call +61(0) 4281 989 11.



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