



# Programme Information

Everything you need to know is right here!

-  **2 hours from London**
-  **Barton on Sea, UK**
-  **The Cliff House**
-  **High Intensity & Relaxation**

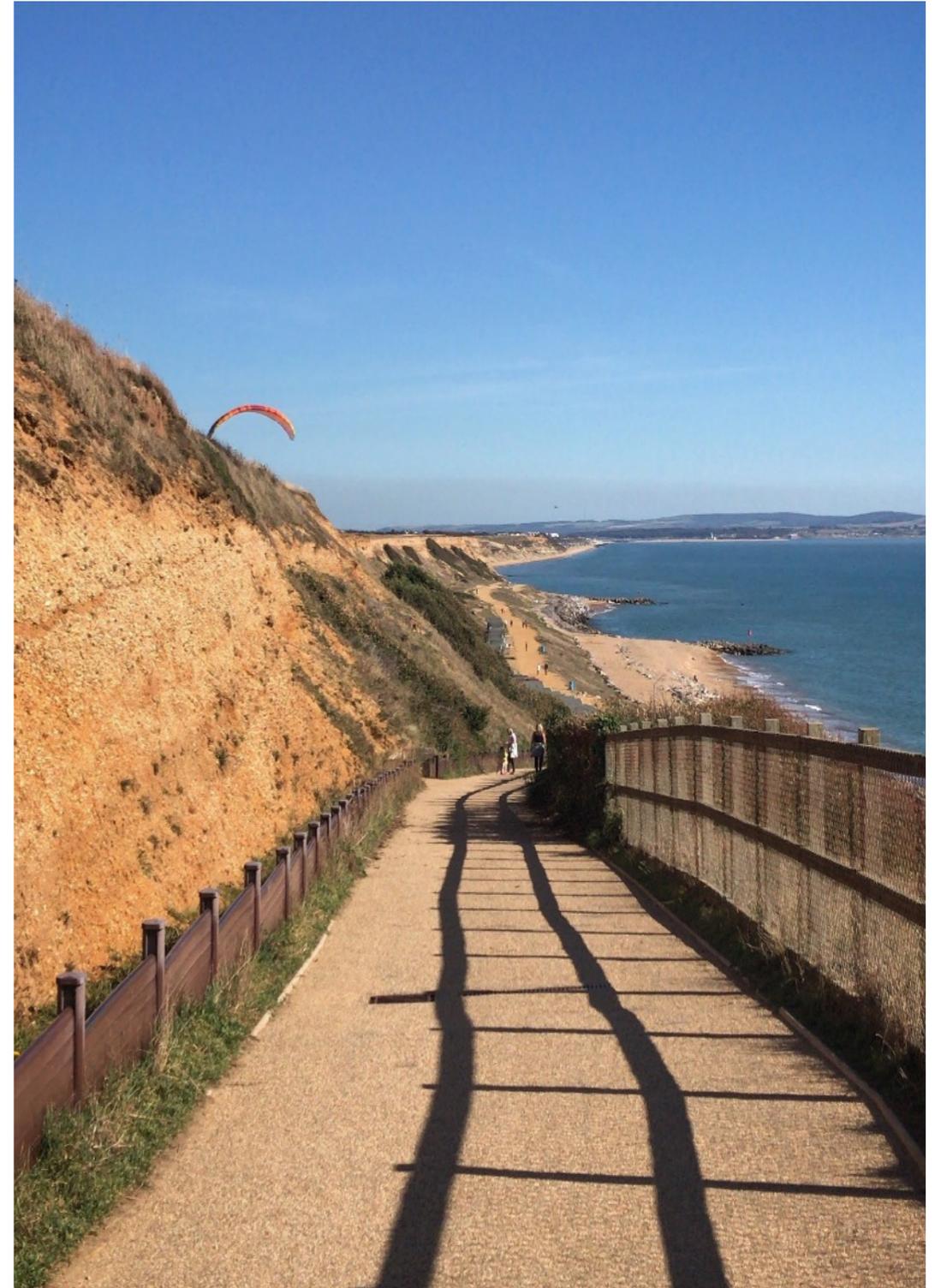
## The Lowdown

Workout Away in Barton on Sea is the perfect short fitness break for everyone. You will stay with us for 3 nights and enjoy an action packed few days.

We know that you love being active and this trip will not disappoint. Your training will be varied, giving you the opportunity to get involved in a bit of everything. From yoga to HIIT training and bootcamps, this programme has it all. Whilst there will be plenty of sweat, there's still time for some chill out, relaxation and of course, plenty of fun! Your fantastic Workout Away group fitness leader will be on hand at anytime, and of course you'll be sure to meet some new friends to sweat and share the experience with.

Barton on Sea is home to this programme. Just 20 minutes away from Bournemouth, two hours from London, and right on the edge of the New Forest, it's easily accessible. On our doorstep is 17 miles of beautiful British coastline and if you want to cool down in the waters after your workout, be our guest!

It's best to catch the train to New Milton which is just 10 minutes from The Cliff House. If you need a taxi, we can get you connected with our transport partner who will take care of you.



Barton on Sea

## Activities

	Day One	Day Two	Day Three	Day Four
Morning		<ul style="list-style-type: none"><li>• Circuit training</li><li>• Breakfast at The Cliff House</li></ul>	<ul style="list-style-type: none"><li>• Sunrise yoga</li><li>• Breakfast at The Cliff House</li></ul>	<ul style="list-style-type: none"><li>• HIIT Athletic workout</li><li>• Breakfast at The Cliff House</li></ul>
Early Afternoon	<ul style="list-style-type: none"><li>• Arrivals from 12pm</li><li>• HIIT Athletic workout</li></ul>	<ul style="list-style-type: none"><li>• Bootcamp</li></ul>	<ul style="list-style-type: none"><li>• Coastal walk</li><li>• HIIT Power workout</li></ul>	<ul style="list-style-type: none"><li>• Departures from 11am</li></ul>
Late Afternoon	<ul style="list-style-type: none"><li>• Coastal bike ride</li><li>• Revive - stretch and tone</li></ul>	<ul style="list-style-type: none"><li>• Stand up paddle boarding</li></ul>	<ul style="list-style-type: none"><li>• Free afternoon</li></ul>	
Evening	<ul style="list-style-type: none"><li>• Dinner at The Cliff House</li></ul>	<ul style="list-style-type: none"><li>• Free evening</li></ul>	<ul style="list-style-type: none"><li>• Dinner at The Cliff House</li></ul>	

*Please note that activities are subject to change.*

### HIIT Athletic & Power

HIIT is a 35 minute high intensity interval training session designed to burn calories, reduce body fat, and tone. This science proven 35 minute work out improves cardiovascular fitness, speed, agility and challenges your fitness beyond your normal physical limits.

### Sunrise & Sunset Yoga

The perfect start to your day. This session focuses on breathing and synchronised flowing movement. From sun salutation to the cobra pose, increase your flexibility and improve body strength. Experience total relaxation in this beautiful sunrise setting.

### Sunrise Coastal Walk - Barton on Sea to Milford

A great way to kickstart the day with this less intense activity. This beautiful scenic trail is about 3 miles each way. Enjoy stunning views of Christchurch Harbour, Bournemouth and the Isle of Wight on clear days. Look out for the iconic British beach huts scattered along Milford Beach as we walk the cliff tops with breathtaking views of the bright blue sea.

### Stand Up Paddle Boarding

The best way to discover the beautiful coastline and cool down in the fresh waters. Be sure to bring your waterproof camera on this one to capture the best views!

## South Coast, UK | 3 Nights | Summer 2019

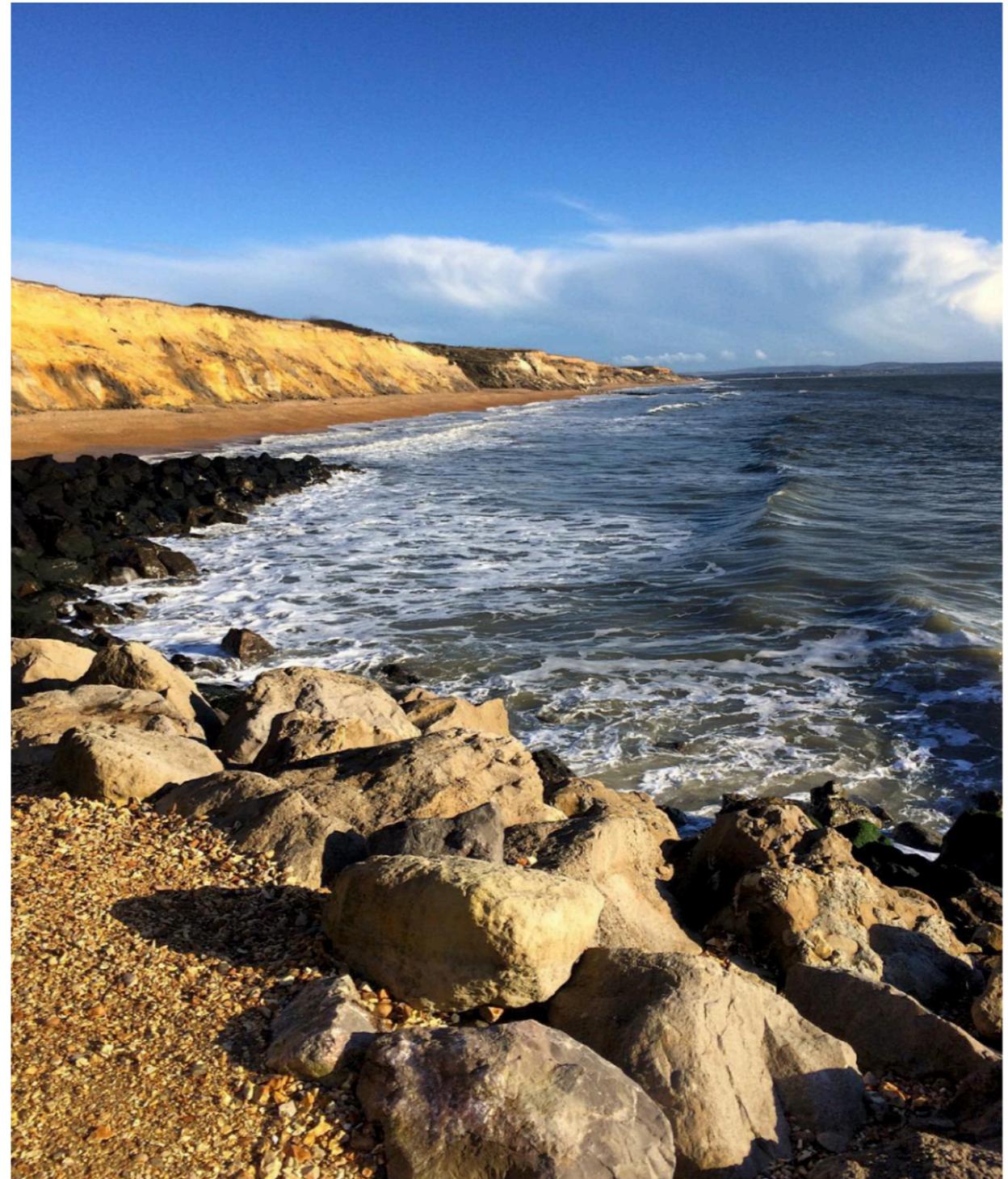
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So this is what you can expect from your trip. As you can see, there's plenty to keep you busy, active and feeling great! All activities are optional and included. You may want to get involved in everything but we understand that everyone needs a bit of me time too.

Meals described above are included in the cost of your programme. Delicious and nutritious food is guaranteed and we will get the chance to sample some local cuisine in our tried and tested food hotspots. Vegetarian, vegan or gluten-free? We can cater to your dietary needs.

Building fitter, better, stronger bodies is the goal that we all share. Our programme has been crafted to maximise your training benefits. Some workouts such as HIIT are short sharp but very sweet, whereas beach yoga allows more time for you to unwind and relax. We want you to understand the why behind what we do and our coaches are on hand to offer expert advice and guidance.

As you can see, it's an action packed few days but there's some free time too. The local area is beautiful so go and explore!



Barton on Sea

## The Accommodation | The Cliff House

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It's simple, we select only the best accommodation when building our programmes. The perfect nights sleep and comfortable space for you to unwind is essential. The Cliff House is a picturesque 7 bedroom venue in what has to be one of the most beautiful locations in the country. Its stunning cliff top spot offers spectacular views of the Solent. The Cliff House certainly has a relaxed and chilled vibe, but they take food and hospitality very seriously!

Situated just a few minutes drive away from New Milton station, 20 minutes from Bournemouth and a couple of hours from London, this place is also really accessible.

The Cliff House is surrounded by enough outdoor space to keep us moving all day. The long stretches of beach, green outdoor space, and fine selection of walks and trails provide us the perfect environment for this workout break.

And when you want to take yourself off to explore, there's plenty to see!

The rooms at the Cliff House come in all different shapes and sizes which add to the charm of this jewel. You can have your own single or double room, or share if you prefer. The choice is yours. All of the room types are available to view in our bookings section.

Each room is individually designed, en-suite and named after the hotels location and maritime heritage. After a full day of fitness activities, if you like the idea of falling asleep to the sound of the waves. This programme is for you!



# The Accommodation | The Cliff House

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## Why we love The Cliff House

Breathtaking views of the Solent and the Isle of Wight

Stunning cliff top location

Short drive from Bournemouth and just 2 hours from London

Beautiful coastal walks and trails on the doorstep

Great British nutritious menus

Beautifully decorated maritime themed guest rooms

Homemade shortbread biscuits in each room (shh, we wont tell anyone)



\* Room decor and styles vary