



## **Whipped Into Shape in a Weekend - Saturday Boot Camp**

*Vita Vie Retreat, formerly known as Bella Vita Retreat, devises an all new wellness boot camp for local Floridians and visitors alike. Whipping people into shape, the retreat is now offering a Saturday Boot Camp aimed at sculpting and toning bodies as well as complete relaxation.*

Fort Lauderdale, FL, October 03, 2008 --(PR.com)-- Beginning October 4, 2008, Saturday Boot Camp will begin sessions for this new day of kick butt fitness that ends with a bit of pampering and relaxation.

Exclusively limited to 14 participants, the program begins with three hard core fitness sessions ranging from beach boot camp, cardio kickboxing, ultimate beach workout, power yoga and more. After finishing the grueling morning, clients will be treated to a deliciously satisfying spa lunch.

In addition to the vigorous morning exercise, a full spa awaits with treatments ranging from skin care to sports massage. Fresh lemon water as well as fresh cut fruit adorn the spa's relaxation area. Five spa treatments are included in each package to ensure total rejuvenation. One \$100 spa treatment is included with each Saturday Boot Camp package. A fully equipped fitness center, aerobics room, rooftop running track and meditation room compliment the spa for fitness classes, early morning yoga and general relaxation.

The 1 day package includes three heart pumping fitness classes, one spa lunch and one \$100 spa treatment per person. The rate is \$175 for a single Saturday or \$600 for a package of 4 Saturdays per person. More information can be found at [www.bvretreat.com/saturdaybootcamp.html](http://www.bvretreat.com/saturdaybootcamp.html).

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**Online Version of Press Release:**

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