

*A fitness retreat on the Mediterranean shores with the acclaimed health specialist, Harry Jameson.*

Personal trainer, lifestyle coach and founder of the Jameson Retreat, Harry Jameson is noted to be one of London's go to health specialists in the health and fitness industry. Over the past 10 years Harry has crafted the highest level of health and lifestyle management services available in the UK and worldwide.

4 nights' stay at the Marbella Club Hotel, Golf Resort & Spa

Accommodation in a Deluxe Double Room

Full Board Wellness Menu

3 Spa Treatments of 60 min during your stay

3 Personal Training Sessions with Harry Jameson

A Pilates Lesson, two Yoga Lessons, a Healthy Cooking Workshop and a Daily Cardio Session\*

A Workshop with Harry Jameson

The habits and behaviour of high-performing individuals

\*Group sessions

Single occupancy, € 3.220 | Double occupancy, € 2.620 p/p | Without accommodation, € 1.760

*Spots are limited and must be pre-booked*

*For further information and bookings · [wellness@marbellaclub.com](mailto:wellness@marbellaclub.com)*

*Marbella Club Hotel, Golf Resort & Spa*

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BOOK YOUR SPOT | 9 - 13 OCT 2019



# *Fitness Retreat*

## *at the Marbella Club*

with Harry Jameson

Elite Level Personal Trainer and Health & Fitness Expert