



ULTIMATE FITNESS HOLIDAY SPAIN

JOIN US IN MALLORCA

Join us for a week or longer at the Ultimate Fitness Holiday in Spain, improve your fitness, health, and have a fantastic Holiday.

The perfect Fitness Holiday location with our own Ultimate Fitness Gym, accommodation and professionals, you will feel at home and reenergized within days. We provide all the motivation and guidance you need. You can join our groups as a solo traveller to boost your fitness levels in a completely supportive environment.



ANYONE CAN JOIN

Time spent training with us will give you huge fitness benefits. You train and stay in a super motivating, accountable environment, with fun like-minded people.

It is not just training, it is a holiday too!

Relax, unwind and have fun!

WHY ULTIMATE FITNESS

- Expert training & supportive, safe and fun environment
- Gym exclusive for Ultimate Fitness clients
- Sunday start dates between April and October
- Stay in a fun Fitness apartment next to the training area
- Super affordable, and cheap flights to Mallorca
- Includes healthy Breakfasts and Lunch
- Perfect for solo travellers, but we also have mates and couples joining.





ULTIMATE FITNESS HOLIDAY THAILAND

ABOUT THE GYM

The gym is outdoors and exclusive to Ultimate Fitness clients, making it a safe and supportive environment. We have rigs, barbells, plates, dumbbells, kettlebells, sandbags, wall balls, boxes, TRX and more!

The gym is part of the accommodation, so there is no excuse to miss a training day.

Alongside the training sessions, you have free use of the gym.



ALL LEVELS

Ultimate Fitness Holidays are open to everyone looking to meet new people, discover beautiful locations, and kick-start or improve their fitness. We cater to all levels. Whether you are just starting, coming back from an injury, or if you are a fitness professional. We challenge you to become better, fitter, healthier and happier. It's ideal for solo travellers.

2 SESSIONS A DAY PLUS MORNING YOGA

From Monday to Friday, we lay on early morning yoga sessions, the perfect way to wake up your body.

After that, from 9 to 10, you can expect amazing training sessions which will be different every day. In the afternoon we mix it up. You can expect a second fitness session, a hike or beach-volley. You can check the schedule online on our website.





THE ACCOMMODATION



For your stay, you will be staying in a fun and spacious apartment exclusive to Ultimate Fitness. You hang out with your new friends in the lounge or on the rooftop terrace. No hotel luxury, but fun and familiar, it will feel like home.

TELL ME ABOUT IT

Our Fitness Holiday accommodation is a cool apartment in a stunning beach town in the North of Mallorca. It is a shared living arrangement, not a luxury hotel but super fun and lovely.

The Single and Twin Share rooms are ensuite, fan-cooled (no aircon), and have a balcony.

There is one 4 shared air-conditioned room, this room is ensuite but does not have a balcony. This is female only.



MEALS INCLUDED

Breakfast and Lunch are included from Monday to Friday. We all eat together in our restaurant area. Breakfast is buffet style. There will be fresh fruit, yoghurt, cereal, milk, vegan milk, eggs, toast, ham cheese, and more. During lunchtime, we always serve protein, carbs, salads, veggies and fruit. We can cater to almost all diets.

Dinners and meals at the weekend are not included but we know lots of nice restaurants and make reservations for the group if you like to join.

Please note: We do not have a cooking facility. We do have a small fridge.



INCLUSIONS

- Pre departure information
- Introduction orientation session
- access to a WhatsApp group before you join
- Accommodation
- Unlimited access to Gym and training equipment
- Two training sessions a day, Monday to Friday Exclusive to Ultimate Fitness clients
- 5 yoga sessions a week
- Stand up Paddle lesson and use of boards
- Breakfast and lunch Monday to Friday
- Fantastic guides

TRAINING ONLY OPTIONS

you can book your stay elsewhere

Training only means you can join the following sessions from Monday to Friday Yoga, group fitness sessions, beach volleyball, and nature treks as per the schedule.

You can also book the training only plus meals, then breakfast and lunch from Monday to Friday are included.



www.ultimatefitnessholiday.com

[instagram.com/ultimatefitnessholiday](https://www.instagram.com/ultimatefitnessholiday)

info@ultimatefitnessholiday.com

*Join us
in Paradise*