



Couples Midweek Fitness Retreat 5 Nights - \$1,380 per Couple

Our Fitness Retreat is the ideal way for couples to kick off their fitness journey or if you are already into your fitness then you can take it to the next level. This is the perfect opportunity to focus on your exercise plan, technique and time to plan your healthy food choices

Included in your package is:

- A self contained Cabin with parking at your room, full kitchen and private bathroom. You also have full use of all the properties facilities.
- 24/7 Access to Active Fitness Medowie for the duration of your stay. This is the cleanest Gym in Port Stephens and offers a great range of free classes as well.
- 3 x PT sessions to keep you accountable and give you the push and inspiration you need to get to the next level
- 2hr Couples Pamper Treatment - Spend some quality time together in the hydrotherapy spa, drift into a deep, relaxing body massage, your feet are treated to our signature foot ritual, followed by our 30min bespoke facial and scalp massage, leaving you glowing from head to toe.
- A healthy hamper selection in your room on arrival with lots of healthy snacks, protein bars, fresh fruit and breakfast options to enjoy each day

