

New You Boot Camp Launches New Country Manor Boot Camp In Somerset



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A-listers have been privy to the New You Boot Camp secret for a while, and now with the launch of New You Boot Camps – NEW Country Manor venue in Somerset, we can all join the elite to kick start our fitness and weight loss to drop a dress size in one week!

Join the likes of Hillary Swank, Oprah Winfrey, Barbara Streisand, Renee Zellweger, Gwyneth Paltrow, Cindy Crawford, Cat Deeley, Patsy Kensit and even curvy Catherine Zeta-Jones who are rumored to have enrolled in Boot Camp's to get that A-list body.

If the words "[Bootcamp](#)" immediately conjure up images of uncomfortable bunk beds, communal showers, tiny portions of food and depressing bleak surroundings, then you are yet to experience a week at the New You Country Manor Boot Camp.

The NEW Country Manor Boot Camp in Somerset is based at a private, unique manor which boasts charming period features, a Tudor fireplace, charming suites, and many four poster beds – no bunk beds here! Which makes it the perfect location for our NEW - New You Boot Camp location.

Situated away from all the hustle and bustle of life and surrounded by idyllic settings, breathtaking uninterrupted views across the rolling Somerset countryside the new Somerset boot camp retreat captivates you into that tranquility that is hard to find in today's busy world. Making it the perfect, private hideaway to discover your New You.

Each New You Boot Camp - Somerset bedroom has been individually decorated and furnished to provide a very comfortable, elegant and peaceful haven to relax after a New You Boot Camp day.

If you are looking for a week of fitness, health and well being in beautiful surroundings only two hours away from London then the New You Boot Camp Country Manor Somerset is perfect for you.

Days at the New You Boot Camp are broken up into hourly lessons and include sunrise runs, hiking, walking, boxing, bike riding, abseiling, water activities and relaxation sessions to name a few.

Prices for a 'New You Country Manor' week at Somerset start from £1425 to £1750 and include:

- 7 Night's accommodation.
- Up to 12 Hours of cardiovascular exercise/pt training per day from World class Military Trainers.
- 20 delicious meals and 14 delicious snacks freshly prepared by our own New You Boot Camp chefs.
- Unlimited drinks that include water, selections of fruit teas, selection of detox teas and green teas.
- Nutrition workshops given by our trained New You Boot Camp Nutrition Squad.
- One to one expert nutritional advice – tips for you to take home with you.
- One to one expert training advice – tips and a programme for you to take home.
- Relevant equipment for activities (e.g: mountain bikes & helmets, abseiling harnesses, fit balls, exercise mats, boxing pads and gloves).
- Extreme boot camp experience activities - Lifetime achievements!
- Scheduled transfers to and from train station in Glastonbury.

Twin rooms and singles are available. If you are travelling alone you can still book a twin space and we will endeavour to pair you with someone with a suitable background.

For more information including boot camp dates visit <http://www.newyoubootcamp.com>.

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