



NEW YOU BOOT CAMP
CORPORATE EVENTS

ABOUT US

We are proud to say that we are the leading boot camp in Europe with unprecedented results and we offer the experience of a lifetime. New You Boot Camp has been awarded “The best boot camp in the world with life changing results”.

New You Boot Camp welcomes clients from all over the World who come to us with a range of different goals.

Staff well-being is an increasingly relevant and necessary consideration in the modern workplace.

Well-being at its simplest level is perhaps ultimately about personal happiness - feeling good and living safely and healthily. This means not allowing work to undermine our basic purposes and needs in our lives, and by extension those of our families and loved ones.

In this respect well-being is a hugely significant aspect of our work and careers. A healthy committed workforce is vital to business success.

Whether your company has a workplace wellbeing scheme or you are just looking for a new, extreme yet fun, challenge for your team – New You Boot Camp offers the perfect solution.

We welcome all ages, fitness levels, both males and females and we work with you as a team to make sure we get the best results for you.

Our team are the reason that New You Boot Camp has been awarded the best boot camp in The World. We have an extremely dedicated team of trainers, nutritionists, life coaches and boot camp managers who are world class and take pride in helping you. Their wealth of knowledge is what makes us have the best results and what enables all of your team to take home the tools they need to ensure life changing results.

At New You Boot Camp we pride ourselves on making the difference in YOU that makes a difference in YOUR life. Our promise to YOU is that you will leave New You Boot Camp knowing that you can do and achieve anything if you put your mind to it!

We have a dedicated Corporate Team who have the ability to build bespoke New You Boot Camp events to fit your budget, you time scale and your requirements.



PROPERTIES AND LOCATION

New You Boot Camp pride ourselves on choosing picturesque yet physically challenging areas that will ensure our clients de stress from everyday life yet physically challenge themselves. Our boot camps are based throughout the UK and Europe.

Our New You Boot Camp Back to Basics is based in the beautiful Brecon Beacons National Park in South Wales. Both our female Back to Basics and male boot camps are based in this 5* bunk house in a secluded area near Crickhowell and easily reachable from all major cities.

Our new Boutique Boot Camp welcomes you to a break with a touch of comfort and style - a glamorous house surrounded by idyllic landscaped gardens that captivate you into tranquillity that is so hard to find in today's busy world. Set in the beautiful Suffolk countryside situated away from all the hustle and bustle of life, close to Woodbridge and the Heritage Coast, this location is something very special. A privately owned country house dating from 1566, this Boutique property makes the perfect setting for our exclusive boot camp.

Our blissful Coastal Boot Camp is set in 37 acres of unspoilt North Cornwall countryside with stunning panoramic views. Our secluded location is a perfect setting for a Cornish retreat.

Woodlands comprises of the main Manor House and 3 traditional stone barns that have all been converted and renovated to a high standard and provide a perfect self-catering holiday cottage estate together with an indoor heated swimming pool and games room.

This stunning New You Boot Camp venue is a very charming boutique resort located near the picturesque fishing village of Carvoeiro, just 40 minutes west of Faro airport. With its Moorish design and beautifully-landscaped subtropical gardens, it is the perfect hideaway for a memorable week at New You Boot Camp. The local beauty, the excellent climate and the hospitality made this area the best choice for our client's. The Algarve beaches are ranked as some of the finest in all of Europe. The entire coastline of the province features a variety of seascapes including smooth, spacious strands; areas dotted with caves to be explored; and breathtaking rock formations to be enjoyed.

The Algarve climate is perfect for the intensive fitness regime between September and April.

New You Boot Camp currently hold their popular military fitness days at both Richmond Park and Finsbury Park. Both areas are easily accessible and have the perfect facilities for an entire day of fitness for your team.

At New You Boot Camp we appreciate that your logistical needs have to be met. As such, if our mentioned properties are not suitable please contact us and we will source alternative venues that will suit your needs and budget.



We have held successful and highly acclaimed residential boot camps and military fitness days throughout Europe for both our individual clients and corporate clients.

At New You Boot Camp we offer both set and bespoke experiences. We have put together a range of set packages that are perfect for any group, however we have found that many of our New You Boot Camp corporate clients have very individual needs so if you would like us to tailor make an event for your group please call us directly and we will be happy to help. Whether you require one hour, one day or one week we will devise an individual boot camp to suit you. We will ensure that you and your team receive the most fulfilling, fun and inspiring experience available. Call New You Boot Camp today and we look forward to meeting you and your team.

New You Boot Camp have a formidable team of world class military trainers who will ensure they make your time with us memorable and leave your team feeling motivated, vibrant and full of energy.

A NEW YOU BOOT CAMP MILITARY FITNESS EXPERIENCE IS PERFECT FOR YOUR TEAM BUILDING EVENT THIS YEAR!

Team Building

At New You Boot Camp Military Fitness Experience is perfect for your team building event this year. If you are looking for something innovative, new and motivating let the New You Boot Camp team help you to bring your team to the next level and have a fantastic time.

The New You Boot Camp team are world class facilitators and physical trainers and they look forward to welcoming you.

New You Boot Camp's One Day Military Boot Camp

We can arrange New You Boot Camp days in London parks or alternatively we can come to you. Whether you would like your boot camp day at your place of work, your conference, or a local park in your area, let us know and we will tailor individual ideas to make your day work for you.

MOTIVATE YOUR STAFF AT THE SAME TIME AS ENCOURAGING YOUR TEAM TO INTEGRATE HEALTH AND WELLNESS INTO THEIR LIVES.

A New You Boot Camp One Day Military Boot Camp involves a full day of challenging and extremely fun activities for all your team. Activities such as leopard crawling, section attacks, military circuits, static training, team based challenges, fun high speed military fitness to name but a few. All days are run by our world class military physical training instructors.

EVENTS

In 2010 New You Boot Camp has been awarded “The Best Boot Camp in The World with Life Changing Results” as well as being voted as “Europe’s Leading Weight Loss and Fitness Boot Camp” in 2007.



TESTIMONIALS

continued

We take all ages and fitness levels as we adapt the day to make sure everyone can take part and have a fun and inspiring day.

Incentive Travel

What better way of rewarding your team for their hard work and efforts than a trip to New You Boot Camp. We offer many residential courses and boot camp days that we will happily book your team or individual employee on to.

We have a wide variety of products that can be used for your incentive scheme and this is a phenomenal way to motivate your staff at the same time as encouraging your team to integrate health and wellness into their lives.

NEW YOU BOOT CAMP HAVE PARTNERSHIPS WITH MANY VENUES THROUGHOUT THE UK AND EUROPE!

Conferences

New You Boot Camp have been invited to many conferences to train the team for a period of time, whether it be an hour or a full day. Our team come to you and train your staff. A fantastic element to integrate into any conference to make sure your employees are challenged and have a great time together.

New You Boot Camp create an individual boot camp for your team and ensure you have something very new and different especially for you team.



Everything from the location, itinerary, accommodation, facilities etc was perfect.

Staff Gough certainly put us through our paces but he did a great job in ensuring that everyone, despite the varying degrees of fitness, could participate and really get involved.

It was a great experience, and despite the aches and pains (stair lift has been ordered!) it was exactly what I wanted for a Team Day experience.

Please pass my thanks to Paul for making it such a great day.

Best wishes and continued success.

Steve - Lloyds TSB Private Banking

"I just wanted to send you a quick email to thank you for organising a brilliant day on Wednesday. Every single member of the team really enjoyed it and stepped up to a number of challenges which took some of them out of their comfort zones.

Staff Gough pitched the day perfect for us all; he made it great fun and a really memorable experience. Even if he did get out the water buckets at the end of the day! Although saying that a lot of the team were lining up to get in them!

The guys that ran the rock climb & abseil were excellent and helped several people get over their fears, which now looking back on it for them they are really glad they managed to do a climb or abseil.

Everything went according to plan, and we all had a brilliant time!

Thanks again"

Sarah - Lloyds TSB



SERVICES OFFERED

Due to the majority of our Corporate Events being 100% tailor made we can add any of the further services to your event. You may choose to have your boot camp experience as simple or as filled as you would like. We are happy to tailor make your event to suit your exact requirements.

CATERING

Catering can be arranged for any of our Corporate boot camp experiences. Whether it be for a day, a weekend, mid week break or full week, we have chefs who can cook throughout your stay or we can arrange for catered venues that offer lunch and dinner if your group requires.

NUTRITION

New You Boot Camp's Nutrition Squad are a team full of energy and fantastic life changing information. Each nutritionist has a wide range of knowledge and experience and many work within the corporate market. We offer nutritionist presentations, workshops and cooking demonstrations. All of which, your team can be fully involved with and it is a perfect element to introduce to any boot camp experience to promote health and wellbeing at work and home.

COACHING

New You Boot Camp has a phenomenal team of coaches. Their wealth of knowledge concerning life coaching, goal setting, Neuro Linguistic Programming (NLP) and their understanding of the conscious mind and habitual behaviour is World Class. They too offer workshops, presentations and one to one time with each delegate. As ever, we can introduce this element to the level that would be suitable for your team.

CONFERENCE FACILITIES AND BOARD ROOM FACILITIES

If your team are looking to merge the boot camp experience with a conference or team meeting, we can make this happen. We have a range of phenomenal properties both in the UK and Europe that have conference facilities that are perfect for any corporate event.



*Awarded "The best boot camp in the world
with life changing results, accept no imitations!"*

by F. Bertolini from Celebs On Sunday Magazine

New You Boot Camp Corporate Clients.

We have had the pleasure of finding perfect corporate solutions for many clients.
Here is a small collection of our client's to date and we look forward to welcoming you to New You Boot Camp.



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Tel: 0871 223 0066 International: +44 1202 559336
Email: corporate@newyoubootcamp.com Web: www.newyoubootcamp.com