

# Fitness break with Re:vert Fitness

Working with Sophie Ingram for a mixed fitness break for all abilities. Four days of strength and conditioning, movement, breathwork and hiking in an inspiring environment.



## WHAT TO EXPECT

Each session will be tailored specifically to the group  
Timings are subject to change

## DAY ONE

- 3pm **Guest check-in**  
Arrive as early as you like and make full use of the hotel. We can look after your luggage while you have a treatment, join a lake sport session, explore the grounds, or spend time in Swim Club
- 5.30pm **Meet & greet**  
Meet your guide and fellow guests and run through your itinerary  
*The Library*
- 6pm **Evening walk or run**  
Enjoy a brisk walk or evening run along the shores of Ullswater. Followed by a pre-dinner glass of fizz down at the lakeside
- 8pm **Dinner** - (to be arranged by guest)  
*Rampsbeck Restaurant*
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## DAY TWO

- 7.30am **Full body workout**  
*The Glasshouse*
- 8.30am **Group breakfast** - (we've arranged this for you)  
*Rampsbeck Restaurant*
- 10.30am **A day walking in the fells**  
A packed lunch should be pre-ordered before arrival  
*The Library*
- 4:30pm **Downtime and drop in**  
Downtime or optional drop-in sessions for exercise and nutrition questions  
*The Glasshouse*

6-8pm **Dinner** - (to be arranged by guest)  
*The Living Space*

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### DAY THREE

7.30am **Morning mindfulness**  
Meditation and journal session by the lakeshore

9am **Breakfast**  
*Rampsbeck Restaurant*

10:30am **A morning exploring tarn hikes and lakeshore walks**

3pm **Downtime and PT session**  
Optional PT session for your ability  
*The Glasshouse*

6pm **Bend and boost**  
A chance to stretch the legs and re-energise ahead of dinner  
*The Glasshouse*

7-8pm **Dinner** - (to be arranged by guest)  
*Rampsbeck Restaurant*

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### DAY FOUR

7am **Morning movement**  
A full body workout, followed by a gentle walk in the fresh air  
*The Glasshouse*

10am **Breakfast**  
*Rampsbeck Restaurant*

11am **Check out**  
We'll look after your luggage so you can spend all day with us