

# FAST FITNESS

...to and the friendly but firm attitude of our instructors inspires a fun atmosphere. Levels vary but in most activities we push ourselves according to ability; so the training run doesn't leave me out of but a resistance workout with weights me a quivering mess.

...tives: some ladies are unimpressed the assessment was done by a man and with admin.

**Amy Dawson**  
 £1,095 for seven nights in shared accommodation. Includes all meals.  
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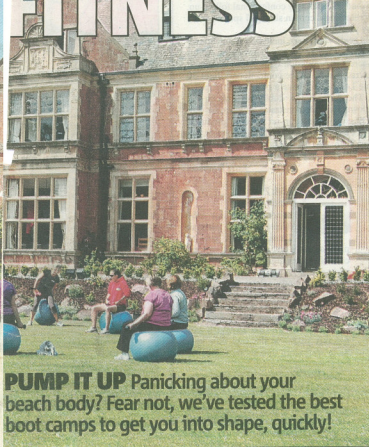
## HOLISTIC

As a yoga novice, the idea of a 'downward dog' terrifies me. Yet I find myself attending Marsh Farm House in West Sussex for Sally Parkes' yoga and Pilates detox weekend. I'm here to gain a new perspective on my life. Having never chanted an 'om' before, I'm worried the experienced yogies will find my lack of knowledge amusing. However, I'm relieved to be gently introduced to the ideas behind the practice. The morning begins with dynamic yoga, followed by a soothing, restorative session in the afternoon. In the evenings we were invited to take part in meditation and yoga nidra – a deep relaxation technique known as 'yoga sleep'.

Meal times are a big occasion and Parkes' philosophy on food is 'you are what you eat' and 'wellness starts from within'.

The beautiful surroundings gave me the space to escape routine and contemplate what makes me happy. There are lots of happy treatments to take you into a state of complete bliss – a concept I could get used to. Emma Davis

From £267 for two nights in private accommodation. Includes all meals.  
[www.sallyparkesyoga.com](http://www.sallyparkesyoga.com)



**PUMP IT UP** Panicking about your beach body? Fear not, we've tested the best boot camps to get you into shape, quickly!

## MEN ONLY

At AT's Gorgeous Active You boot camp in Kent, the new facility for gay people, I was hoping for gin and tonics over jumping jacks. On arrival, I'm greeted by two rippling marines. Sadly straight, I move on to meet my new housemates over herbal teas, not G&Ts. Then body hell begins.

Dance music provides a rude awakening at 6am and a round of frantic sit-ups and burpees (full body exercise) ensue in the conservatory of the farm-style house before breakfast. Meals at the boot camp are cooked to calorific perfection, so it might be wise to skip a McDonald's before you arrive, as your first delicious meal is



punishingly petite. Military-style exercises follow on the lawn, such as lugging sacks, tyres and people. You name it, I'll haul it. At this point you're certainly feeling the pain. The lunch you've craved is a bespoke plate of health foods. Dessert? Don't be silly. A round of fast interval exercises follows, then a slice of avocado for a snack. Next, a three-hour walk. As tears run down my cheek, I can feel my body changing with every step.

With no booze and broken bodies, nights are a tad sombre. If you pictured a Jacuzzi full of glistening muscles, you'll be disappointed. But if you want to change your body in time for a jaunt to Mykonos with like-minded individuals, then you're in the right place. Andrei Harmsworth



From £999 for seven nights in shared accommodation. Includes all meals.  
[www.a1bootcamp.com](http://www.a1bootcamp.com)