

Fitness option information pack

Foxtailsfitness

A printable overview with key details, next steps, and the matching online service page.

Service guide

Fitness Retreat Day

To be confirmed

Unavailable

Currently unavailable. Contact Danielle if you would like help choosing another option.

Overview

A welcoming fitness and wellness retreat in East Lothian, bringing together movement, fitness, relaxation and practical wellbeing advice. Enjoy a day away from everyday routines, learn something new and take time to focus on yourself in a friendly, supportive environment. Future retreat dates will be announced here.

A little time for yourself, a chance to try something new and a whole day dedicated to feeling good!

Best for

- Anyone wanting a day focused on health and wellbeing
- People who enjoy fitness in a friendly group setting
- Trying new activities and learning practical skills
- Taking time out to recharge and reconnect

Included

- A full-day small group wellness experience
- A variety of guided fitness and movement activities Relaxation, mobility and recovery
- Practical advice to support everyday wellbeing



View the full service page

<https://foxtailsfitness.co.uk/fitness-options/fitness-retreat-day/>

Contact or enquire online

<https://foxtailsfitness.co.uk/contact?service=Fitness+Retreat+Day>

foxtailsfitness - Personal training and wellbeing in East Lothian

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