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Let's Get Physical...



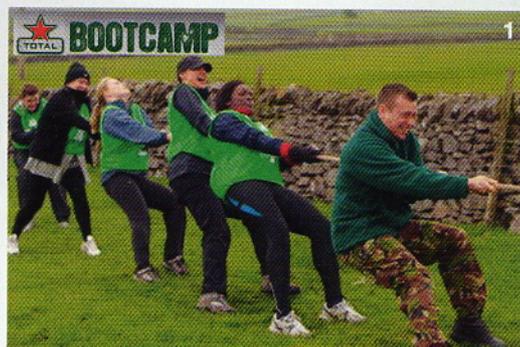
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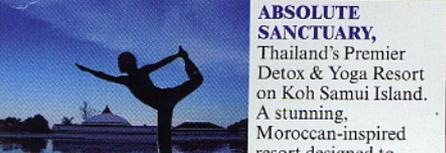
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1. TOTAL BOOTCAMP are one of Europe's premiere bootcamps offering women-only boot camps with a range of exercises and activities on offer. The Total Bootcamp programme is carefully designed by their team of physical training instructors and nutritionists to ensure you get the most out of your "Bootcamp Experience". They also offer a one-stop fitness and weight loss programme and the chance to go home a "DRESS SIZE SMALLER" with a week long (5 or 7 day) residential programme designed to kick start you. Visit www.totalbootcamp.co.uk or call 0151 342 1951.

2. KAREN HARDY STUDIOS. The glamorous Karen Hardy Dance Studios in Chelsea offers a range of options for getting you in shape - from private Latin and Ballroom dance lessons to the high-energy aerobic workouts, Zumba and Dancersize. Experience the pinnacle of dance-fitness at this luxury riverside studio. Introduce yourself with a complimentary 25min private dance lesson, call 08455671155. www.karenhardystudios.com



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ABSOLUTE SANCTUARY, Thailand's Premier Detox & Yoga Resort on Koh Samui Island. A stunning, Moroccan-inspired resort designed to

re-fuel you with good energy, exquisite nutritious cuisine and healing body therapies. Absolute Sanctuary blends relaxing accommodation with a wide range of detoxification programs, inspiring yoga retreats, spa-based healing therapies and a spa restaurant serving stunning, nutritious cuisine. This beautiful resort caters to those seeking a journey back to balance, rejuvenation and wellness. Visit www.absolutesanctuary.com or call +66 7760 1190 for more information.



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women who enjoy regular exercise. Each day you will enjoy a delicious chef prepared breakfast, lunch and dinner, which combined with your exercise routine can encourage fat burning and promote toning. Quote VOGUE10 to receive £25 discount on a 28 day plan! To find out more visit www.mydietinabox.com or call 0845 0261 999.

6. AZUL FIT. Ideally situated in sunny Fuerteventura, this small and personal family run centre offers a unique but perfect escape for all abilities to improve your health and wellbeing. Set in beautiful paradise, Jamie, Karissa, Radhika and the team welcome you for Pilates, yoga and meditation holidays to leave you feeling revitalised and uplifted. Visit www.azulfit.com or call 020 8133 7664 for

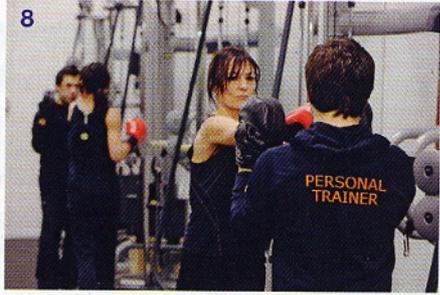
more information. Vogue readers receive a 5% discount when they quote VOGUEAZ05.

7. GEAR FOR GIRLS. A unique outdoor shop concentrating purely on women's outdoor clothing and footwear, they aim to find the best gear available for women that fits, looks great and performs. Gear For Girls have an extensive range of brand name products - view online at www.gearforgirls.co.uk Alternatively you can call 01668 283300 or visit their shop at 31 High Street, Wooler, Northumberland, NE71 6BU.



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8. BODYWORKSWEST is an intimate, boutique, private members' club in the heart of Notting Hill. It offers all you would expect from a luxury gym including a stunning pool, a diverse programme of studio classes, a dedicated Pilates reformer studio and fully equipped Technogym. The personal trainers will get you looking and feeling great in no time. Visit us at www.bodyworkswest.co.uk or call 020 7229 2291.



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