

## All Inclusive Personal Training Holidays with Mitch Price List 2011

Prices Per Person billed in Euros	1 Person	2 People Sharing
3 Nights	€ 655.00	€ 540.00 (per person)
5 Nights	€ 1010.00	€ 860.00 (per person)
7 Nights	€ 1420.00	€ 1060.00 (per person)
10 Nights	€ 2005.00	€ 1695.00 (per person)
14 Nights	€ 2800.00	€ 2500.00 (per person)

All prices are in Euros. If another currency is to be used then the rate of the day will be calculated.

30 % Deposit is required on confirmation of booking. To pay via PayPal or cheque (details on request).

All costs to be paid on first day of holiday in cash or via PayPal.

2 people sharing will have separate personal training sessions unless you request partner training, therefore costs will be reduced.

All inclusive costs include:

- ❖ Private Villa Accommodation in the tranquil village of Tiagua or La Vegueta. Depending on availability.
- ❖ All meals included & prepared daily by a Personal Chef (menu provided on request)
- ❖ Fruit juices & water, but not alcohol or soft soda drinks.
- ❖ All training with Mitch Personal Trainer in his private gym.
- ❖ All activities as listed in your training schedule, excluding optional extras.
- ❖ Transfers to and from the Airport.
- ❖ Towels, Linen and Villa cleaning
- ❖ Translation services (emergency medical etc.)
- ❖ Nutrition advice & diet plan.
- ❖ Home Personal training programme.
- ❖ Training liability insurance.

We do not provide or include:

- ❖ Flights, however more than happy to arrange them for you.
- ❖ Hire car, however more than happy to arrange for you.
- ❖ Any additional optional extras requested.
- ❖ We will not be liable for any medical costs.

Although Mitch is fully insured in the event of an accident we do urge clients to take out travel insurance to cover for any unexpected medical / travel events.