



Swim-Box Retreat with Mike and Jojo Legg – Boxing Alley

26-28 August 2022

If your interests include; swimming, boxing for fitness, fun team activities, good nutrition and meeting new people in a small group setting, then read on.

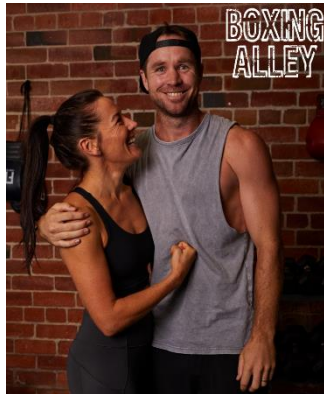
Abelfields is a 4.5acre property in Kaiapoi, just 20mins north of Christchurch. This private, rural setting complete with indoor heated 12m pool (The RealSwim Centre), gym, function room and golf hole is perfect for weekend experience retreats and training camps.

Inspired by Dan and Penelope (FitandAbel) who are passionate about health and wellness, and love challenging body and mind, this camp is for those who share the same values and are looking for a unique weekend experience that focuses on bettering yourself as a whole.

Over the course of three days our specialised team of Dan, Penelope, Mike and Jojo, will guide you through training sessions, physical challenges and health and wellness sessions, providing you a holistic weekend experience. You will want to have a good base level of fitness for this camp.

We aim to challenge you, educate you and inspire you through physical activity, presentation, connection with others, sharing of food and great banter.

Mike and Jojo Legg, owners of Boxing Alley Auckland, have been training, supporting and inspiring everyday people to be fitter, healthier versions of themselves for the last 16yrs. With a wealth of experience in personal training and health and wellness, this powerhouse couple bring knowledge, experience and a whole lotta fun!



Pool Temperature

The pool temperature will be approx. 26-27 degrees.

How to book

We recommend booking early. You can book via the following link:
<https://goteamup.com/p/403516-fit-and-abel-nz-ltd/courses/72533/>

Cost: \$595

This covers:

- access to Abelfields, the RealSwim Centre facilities, surrounding grounds and function room
- specialist clinic planning, delivery and safety for three days
- equipment
- a highly experienced swim coach with a wealth of knowledge
- a highly experience boxing coach with years of experience
- a qualified experienced health coach
- an event manager/sports coach
- 2x evening meals, 2x lunch meals

Accommodation, transport & other meals not included.

Schedule

Friday

3:00pm Arrival

- * Welcome and introductions
- * Physical outdoor challenge
- * Indoor pool activity

Evening

- * Dinner at RealSwim Centre, provided by Fit and Abel

Saturday

Morning

- * 50min Boxing Session with Mike
- * 50min Swim Session with Dan

Midday

- * Lunch at RealSwim Centre, provided by Fit and Abel.

Afternoon

- * 60min Nutrition Session with Jo
- * Team Building physical activity
- * 60min Stretch session with Penelope

Evening

- * Dinner at RealSwim Centre, provided by Fit and Abel

Sunday

Morning

- * 50min Boxing Session lead by Mike
- * 50min Swim Session lead by Dan

- * Health and Wellness session lead by Dan and Jo

Midday

- * Lunch at RealSwim Centre, provided by Fit and Abel.



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