

R F H

Fitness, Weight-Loss & Activity Holidays

SERVICES & ACTIVITIES

All of the activities & services in blue are included in the “All Inclusive” programme – They are extra-cost options on “A La Carte” Days

Item	Price
Participate in Programmed (Group) Hike or Bike Ride	45€ Plus 12€ for bike hire, if required
Private Guided Hike or Bike Ride (within 25 km of Hotel)	Half Day: 60€ (1 person) 50€ pp (2 people) 40€ pp (3+ people) Full Day (with packed lunch): 80€ (1 person) 70€ pp (2 people) 55€ pp (3 or 4 people) Plus 12€ for bike hire, if required Additional transport costs of 40 cents per additional km
Supported Run, Hike or Bike Ride (Unguided, but including pick up or drop off within 25 km of Hotel)	30€ (up to 4 people) Plus 15€ for bike hire, if required 40 cents per km for each additional km

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FITNESS HOLIDAYS

Item	Price
Participate in Programmed Exercise Class (Boxing, Body Balance, Pilates, Spinning, Circuit Training, etc)	25€ per class
Personal Training Session (Weight Training, Boxing, Body Balance, Circuit Training, Pilates, Running, Spinning, Swim Coaching, Yoga, etc)	50€ (1 person) 40€ pp (2 people) 35€ pp (3 or more people)
Kayaking (2 hours)	40€ (1 person) 38€ pp (2 people) 34€ pp (3 or 4 people) 30€ pp (5+ people)
Rock Climbing & “Abseiling” (3 hours)	40€ (1 person) 35€ pp (2 people) 30€ pp (3+ people)
Horse Riding (Lesson or Hack)	20€ (1 hour) 35€ pp (2 hours) 50€ pp (3 hours) Plus 20€ per party for transport to venue.
Quad Biking	35€ (1 hour) Plus 20€ per party for transport to venue.
Adventure Route	20€ pp (1 hour) Plus 20€ per party for transport to venue.
Padel Court Hire	12€ (per hour)
Massage (Sports or Relaxing)	40€ (45-60 mins)

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Hot Stone Massage	69€ (75-90 mins)
Indian Head Massage	40€ (30 mins)
Manicure	18€
Pedicure	23€
Facial	39€
Motivation Training & Life Coaching (Emotional Freedom Techniques)	40€ (per hour) Two 90-minute sessions of motivation training will usually be required.
Accompanied Visit to Doctor, Dentist, etc	30€ per hour (30€ minimum charge). Only if RFH staff available. May be necessary to sub-contract at higher cost.
Additional Breakfast / Lunch or Dinner	7.50€ / 12€ The programme includes all meals. These charges only apply if arriving early, departing late, staying extra days, etc.
Laundry	12€ per load

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FITNESS HOLIDAYS

EQUIPMENT HIRE CHARGES
(Paid to RFH (cash or card) on Departure)

Item	Per Day / Use	Per Week
Heart Rate Monitor (Minimum hire charge 10€)	2€	12€
Cycling Glasses	2€	5€
Tennis or Padel Racquet & Balls	4€	