



re-Creation

a **new** and **exciting** concept in **fitness vacation**

August 17 - August 23, 2008

Negril, Jamaica



re-Creation is a new and exciting concept in the fitness vacation.

Both singles and couples are welcome at the re-Creation Fitness Camp

ThirdPower Fitness Life Performance Center and **The Crunchy Global Posse Network** have teamed up together to hold the first re-Creation Fitness vacation at one of the most beautiful active vacation resort complexes in the Caribbean; **COUPLES SWEPT AWAY in Negril, Jamaica.** **Couples Swept Away** located in Negril, Jamaica is a beautiful eighteen acre all inclusive resort complex that sits partly on what has been called one of the five most beautiful beaches in the world. **Couples Swept Away** boasts beautifully appointed rooms, 4 restaurants, 2 grills, 3 swimming pools, tennis and racquet ball courts and a comprehensive athletic facility.

At our week long fitness camp, you will learn the skills that will allow you to build a personal fitness transformation program and the satisfaction of having participated in a community work project. How? We integrate our unique style of resistance interval training with customized cardiovascular conditioning plans for every participant. In addition, we take two to three hours on each of the last two days of the camp and work on a project to improve the surrounding

community in which the camp is held. As a result, you will leave after one week with a complete individual fitness transformation program and the satisfaction of knowing you have left the host community where the camp is held better than the way you found it. In addition, we use part of the camp tuition to purchase carbon offsets and plant trees to balance out the affect the air travel all our participants have on the global atmosphere.

As a result re-Creation is:

**good for the participants,
good for the community,
good for the planet.**



Core Conditioning & Functional Fitness Training:

Core Conditioning & Functional Fitness Training: We will also share with you many of the secret weapons that we have developed in our NYC personal training studio. ThirdPower Fitness has been featured in Vogue, Time Out NY, Metro Sports, Daily Candy as one of the best and most unique personal training facilities in the country. Now you can get this same elite training experience while working on your tan at the beautiful Couples, Swept Away Resort in Negril. You will learn special exercises that ThirdPower Fitness personal trainers have developed to improve your functional fitness and strengthen the all important muscles that make up your core. We will also share with you functional fitness exercises and tips on how to tie all these exercises and fitness concepts together into a balanced and effective exercise program once you return home.



Variable Anaerobic Stack Training:

Our training program is based primarily on our unique resistance training methodology; Variable Anaerobic Stack Training. Simply put, we teach you how to develop sequences of 3 to 5 anaerobic exercises in precise orders that allow you to derive a benefit in strength and lean muscular development that is exponentially higher than could be achieved any other way. Our training method also allows you to greatly improve cardiovascular conditioning at the same time that you build strength and lean muscle.



Every re-Creation Fitness Camp includes a community work project as a component of the camp. On the last 2 days of our Fitness camp this July in Negril camp attendees will have the opportunity to spend a few hours assisting in a community project improving the grounds of a local kindergarten school a few miles from the resort where the camp will be held.



This week long camp includes a Catamaran Cruise, A Glass Bottom Boat Reef Trip, A night out at the Beach side Night Club Margaritaville, All taxes, tips and transfers, mid day golf and scuba diving. Also includes all meals, drinks, accommodations, hotel taxes and fitness camp activities.

- ⇒ **Ten V.A.S.T. Fitness training sessions**
- ⇒ **The Fitness Transformation Seminar up until now taught exclusively at The TPF LifePerformance Center in New York City**
- ⇒ **Three delicious and highly nutritious meals a day in any one of the Couple resort's three highly acclaimed restaurants. (Two of the restaurants offer buffet style dining with a wide food selection that will satisfy both vegetarians and carnivores.)**



The price for the week long fitness camp is \$2481.00 per person double Occupancy for the Garden Suite Rooms if you reserve your space on or before May 10th 2008.

The price for the week long fitness camp is \$3156.00 for the Garden Suite Room if you require a room as a single if you reserve your space on or before May 10th 2008.

The price for the week long fitness camp is \$2891 per person double occupancy for the Ocean Verandah Suite if you reserve your space on or before May 10th 2008.

The price for the week long camp is \$3471.50 for the Ocean Verandah Suite if you require this room as a single if you reserve your space on or before May 10th 2008.

Space is limited. So please make your reservations early.

Reservations made after May 10th and before June 10th are subject to a an additional \$150 per camp attendee due to the reservation requirements of our host resort. Reservations made after July 10th will usually only be available if a registered camp attendee can not attend. A reservation made after July 10th must be paid in full at the time of the reservation and may be subject to an additional charge. Contact us for details.

You may reserve your space in the camp by contacting ThirdPower Fitness directly at (212) 727-7627. Twenty percent of the camp fee is due at the time of reservation with the balance due on or before June 30th 2008.

[*Click here for photos and detailed descriptions of the choices of accomodations.](#)

For reservations call (212) 727-7627

ThirdPower Fitness purchases carbon offset credits to mitigate the environmental impact of camp attendees air travel to Jamaica from Carbonfund.org.