



BONNIE BANKS

# BOOTCAMP

## Residential Activity and Health Retreat

at Bonnie Banks, Loch Lomond,  
Scotland.



# RUNNING COURSES THROUGHOUT 2020

## COURSE SCHEDULE

---

Bonnie Banks not only gives guests a beautiful location by which to base yourselves from, but is also a stone throw away from the banks of Loch Lomond. We will take you through a fun, effective health and fitness regime.

Our high octane course will push you to your limits but also educate you in how to get the best out of your body. We will instruct you in optimal nutrition to suit your body type and a training system to get you to where you want to be, every guest will have the tools to keep achieving once you have left us.

We accept anyone over the age of 15 who must be accompanied by an adult, with no upper age limit. We aim to help all guests achieve their goals, be it weight loss, confidence, strength, conditioning or those who would like to have a very active retreat amongst like minded individuals.

Our menu is catered around the best local produce, which our chef prepares fresh each day. Nutrition is key in achieving whatever goals you have, and to that end, all meals are calorie balanced to work in conjunction with the training sessions. There are no fad diets, pills or potions at Bonnie Banks, just balanced, portion controlled, healthy and nutritious meals, set alongside a structured set of fitness activities. We believe that the best fresh air, is that of the Scottish Highlands, so we aim to take full advantage of it.

After a long day, guests can relax in the hot tub. We offer an aftercare service whereby you will have access to training plans, nutritional information and a week's sample menu. Further questions can be asked direct to our instructor via our social media platforms.

## EXAMPLE MENU

---

### Breakfast

- Assorted Fruit
- Egg White Omelet
- Cottage Cheese Omelette
- Hot Whole Grain Cereal with berries
- Cold Whole Grain Cereal
- Whole Wheat or 7 Grain Toast
- Eggs and mashed avocado on toast .
- Yogurt with Fresh Fruit
- Assorted cereals

### Lunch to order

- Fresh Roasted Turkey Sandwich
- Grilled Veggie Pita
- Turkey Burger
- Veggie Burger
- Border Wrap
- Tuna Salad Sandwich
- Garden Salads
- Salad Toppings: Tuna, Turkey, Egg, Cheese

### Dinner

- Baked Chicken
- Baked Fish
- Pasta Primavera
- Steamed Veggies, Grains & Beans
- Chef Salad
- Additions: Baked potato, Sweet Potato, rice

## SCHEDULE ACTIVITIES

---

- Munro walking (winter conditions)
- Strength and conditioning classes
- Circuit training
- Mountain biking
- Military based fitness
- Yoga



Our instructor for the Activity and Health Retreat is

## Stefan Northfield

---

Stefan Northfield is a former Royal Marines Commando with an added ten years experience working in hostile environments as an armed bodyguard who has also competed at the European CrossFit Regionals.

Stefan has previously held the role of Head Coach (CrossFit Coach & Personal Trainer) at the largest strength and conditioning facility in South East Asia - Unit 27 (Phuket, Thailand). This is where his military background became very popular as the Bootcamps and military style fitness sessions that he coached became quickly recognized throughout the surrounding fitness camps, gyms and Asia itself.

Alongside these credentials, Stefan works as a Fitness Model & Cover Model who has a passion for nutrition & motivating others to better themselves whilst supporting charities and being an advocate for mental health.

He is a highly motivated, dedicated and driven coach who leads by example and follows his own motto:

*'Aspire to Inspire  
& Lift Others Higher'*



Bonnie Banks offers a Highland themed 7 bedroom 10 bed luxury accommodation located metres away from the beautiful shores of Loch Lomond with the picturesque Trossachs National Park as a perfect back drop. Positioned within walking distance from all Bars and restaurants as well as all other activities Balloch has to offer.

Bonnie Banks is your home away to spend time with family and friends. Make great use of our outdoor hot tub under a wooden gazebo, with large gas BBQ and outside bar.

### Contact

Email: [bonniebanksbootcamp@gmail.com](mailto:bonniebanksbootcamp@gmail.com)

Phone: +44 7926 197371

