

Carribean Fitness Vacation

Special Discounts for Returning guests!

Early Reservation Prices As the weather in New York is finally cooling down, the staff at the Birchcreek Retreat is looking forward to some Fitness fun in the sun on the beautiful island of St.Croix, US Virgin Islands in February 2006.(Please see our website www.weightlossretreat.com for details!) As a returning guest reserving by October 31st, we are pleased to offer the following discounted rates to you and your party:

Single Occupancy (per week)

Regular price - \$3600 (private room)
EARLY BOOKING RATE - \$3060 (SAVE \$540. per week!)

Double Occupancy (per week)

Regular rate - \$4800 (2 people per room @\$2400 each!)
EARLY BOOKING RATE - \$4080 (SAVE \$410.EACH!)

Triple Occupancy (per week)

Regular rate - \$5600 (3 people per room @\$1866 each)
EARLY BOOKING RATE - \$5040 (SAVE \$220. EACH!)

Quad Occupancy (per week)

Regular rate - \$6400 (4 people per room @\$1600 each)
EARLY BOOKING RATE - \$5760 (SAVE \$160. EACH!)

Continue your healthy, weight reducing program with us - WALKING, STRETCHING, MASSAGE (with Barb!), SEMINARS, DAILY WORKOUTS, JUICE FASTING and HEALTHY DINING as you vacation and sightsee the Virgin Islands - OR - Get re-energized and get in shape before Summer 2006! Hope to see you there!

For reservations and details - call toll free: 877-254-0070
Birchcreek Health and Weight Loss Retreat
www.weightlossretreat.com