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Thank you!

I appreciate you signing up and hope to become that 'trainer-friend' in your inbox every Sunday, who saves you time, money and effort on achieving your fitness goals.

Every email includes one or two of the below:

- highs and lows of the week (either business or personal)
- an excellent client question, that might help you also
- update on projects or upcoming retreats

Welcome, I'm glad you're here!

Cat



RECENT POSTS

- ✓ Our Safety Plan For Reopening - West Coast Fitness Vacations
- ✓ Wellness Retreat FAQs - Top Questions, Updated Weekly (To Get To Know Us Better)
- ✓ Preparation For Your Wellness Retreat Adventure - 2 Weeks Prior



**ACCREDITED
BUSINESS**
BBB Rating: A+

HELPFUL LINKS

- ✓ ABOUT
- ✓ BOOK A TRIP
- ✓ PREVIOUS RETREATS
- ✓ PRAISE
- ✓ BLOG
- ✓ CONTACT



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UPCOMING RETREATS

- ✓ Vancouver Island residential weight loss camp (biggest loser style) - 1-4 months

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WEST COAST
Fitness Vacations
B.C. Canada

WHO WE ARE

West Coast Fitness Vacations is a wellness retreat travel company in B.C., Canada, specializing in 100lb weight loss and outdoor fitness. We offer beginner fitness, small group and solo adventures with immersive personal coaching, hiking & life skills. Join us monthly, year round on Vancouver Island! Exclusively for plus size women age 35 and over. Dog-friendly, licensed & insured.

