unite

FITNESS | RETREAT

YOUR RESET AWAITS

A boutique fitness, wellness and weight loss retreat designed to transform your life.



The Experience

Boutique Size | 100% All-Inclusive | Long Term Focused

Intentional group size: enough people for community, small enough that nobody disappears in the crowd.

Personalized coaching: training, recovery, nutrition, and habit support that adapts to each guest's goals, fitness level, and limitations.

High-touch care: staff who know guests by name, remember preferences, and notice when someone needs encouragement, rest, or a modification.

Curated programming: sessions that feel purposeful and connected (strength + conditioning + mobility + recovery + mindset), not a random playlist of workouts.



Boutique Size | **100% All-Inclusive** | Long Term Focused

Unite's all-inclusive program isn't just "meals + workouts." It means guests can show up and **everything that drives results is already handled and integrated**, including:

Training + coaching: structured daily workouts with real instruction, scaling, and form support

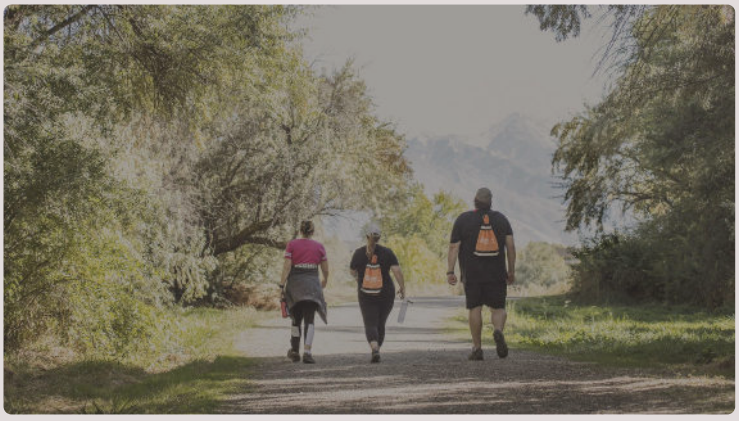
Recovery: mobility, stretching, restoration sessions, and time/space designed for nervous-system downshift

Nutrition: meals and snacks planned to support energy, performance, and body composition goals

Schedule + logistics: a clear daily flow so guests never have to plan, decide, or coordinate

Community + support: staff-led accountability, connection, and encouragement built into the experience

Environment: setting designed to remove friction and help guests stay consistent



Boutique Size | 100% All-Inclusive | **Long Term Focused**

It's designed to help guests build **a lifestyle that holds up in real life**—with strength, energy, resilience, and confidence that continue long after the retreat ends.

Sustainable fitness: Progress you can maintain, not a crash program

Whole-body health: Strength, conditioning, mobility, recovery, and stress support

Realistic nutrition habits: Structure without extremes, that's actually a lot of fun

Mindset + consistency: Habits that compound over time

Support and accountability: So momentum doesn't disappear after the trip

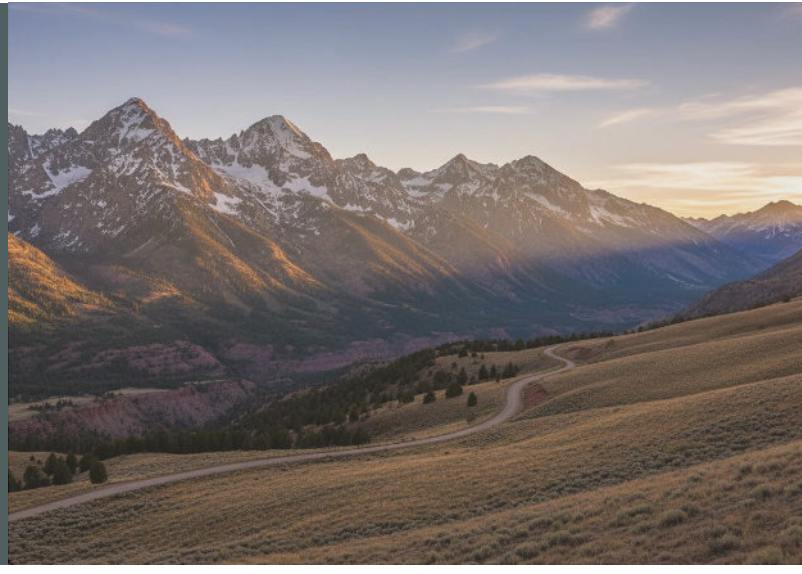


“

The Utah mountains are incredible. Our daily hikes were definitely one of my favorite parts of the program. I loved my modern loft, it was cozy and so well designed. I especially enjoyed soaking in the rooftop pool at the end of the day!

Alex Taylor, California

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Accommodation Options



Standard King

Included in all programs is
a private standard king or double queen
room (if attending with a friend or family)- Save
$350/per person if sharing a room.



Studio Loft

Our modern, high end studio lofts have
everything you need to relax to the fullest.
Enjoy a full kitchen, washer and dryer,
exquisite views and spa amenities.



1 or 2 Bedroom Loft

Need a little more space to rejuvenate?
Experience understated luxury in a place that
feels like home. These lofts have it all and then
some.

100% All-Inclusive Pricing

WHAT'S INCLUDED

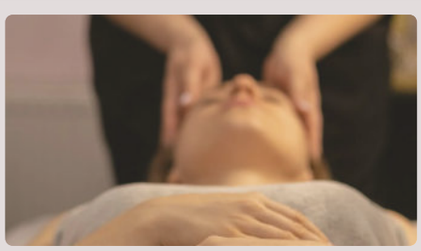
- Private room + bath (Standard Room) + optional loft upgrades
- Chef-prepared meals + snacks tailored to your needs
- Fitness + health assessments and weekly check-ins
- Personalized fitness training + daily hikes + mobility/yoga + sound bath and mindfulness training
- Nutrition, mindset, and lifestyle education, including group life-coaching
- Unite app + aftercare plan to take home
- Welcome gifts and much more!



3, 4, and 5 Day Express Reset	**$800/day**
Weekly Rate	**$4250/week**
2 weeks	**$3950/week**
3 weeks	**$3750/week**
4 weeks +	**$3650/week**
Optional Premium Package Ad-On Includes two private sessions each week	**$360/week**
Optional Premium Deluxe Package Ad-On Includes three private sessions each week	**$540/week**

What are private sessions?

Spa services, in room massages, physical therapy, chiropractic care, nutritional counseling, private life-coaching, or a private fitness or cooking class.



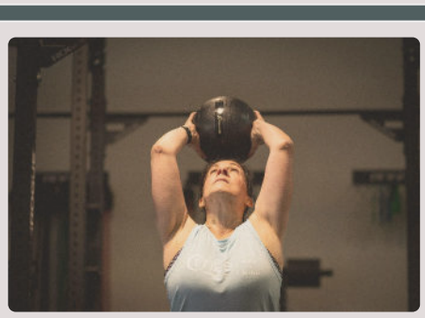
GLP-1 Program

Our **GLP-1 program add-on** is designed for those wanting to start, currently taking GLP-1 medications or transitioning off medication. This program focuses on sustainable weight loss, preserving lean muscle, improving fitness, and building healthy habits that last well beyond your stay.



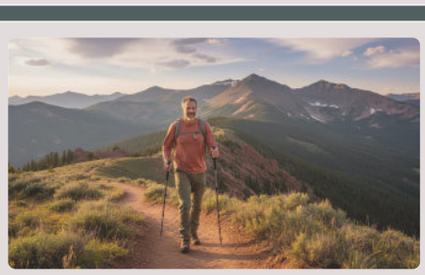
Menopause Program

Our comprehensive **menopause program add-on** combines fitness, nutrition, recovery, and lifestyle support with an in-depth midlife health evaluation, hormone and metabolic testing, and one-on-one guidance from experienced wellness and medical professionals.



Longevity Program

Our **longevity program add-on** includes advanced laboratory testing and medical review, taking a deeper look at key areas such as metabolic health, cardiovascular risk, hormones, inflammation, nutrient status, stress, recovery, and healthy-aging biomarkers. Your results are then translated into a personalized roadmap, giving you clear, actionable steps to optimize your energy, performance, and overall well-being.



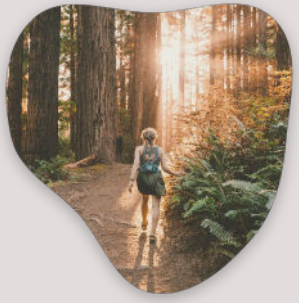
Specials & Financing

We don't want anything to stand in the way of you reaching your goals. Explore our year round discounts, specials, scholarship program and financing options.



$100 off per week

Those over age 60, Military/Veteran, international guests, Student/Teacher



Scholarship Program

Receive a $300, $500 or $1000 scholarship.

Apply Now



Financing Options

Upstart

Prosper Lending

Sample Daily Schedule

Every day is a little different but you can expect the flow of the day to be consistent. Our structure daily schedule sets us apart from other retreats, you don't need to worry about planning a thing. Ditch the decision overload, show up and we'll handle the rest.

A Day at Unite

6:30 AM Gentle wake-up + intention setting

7:00 AM Chef-prepared breakfast

8:00–11:30 AM Structured training at our private gym

12:00 PM Lunch + nutrition / lifestyle workshop

1:15 PM Scenic hike or pool workout

4:00 PM Mobility, yoga, meditation, or private services

6:30 PM Chef-prepared dinner

Evening Walk, hot tub, journaling, or quiet time

Sample Menu

Unite's sample menu is designed to **fuel training, support recovery, and keep you feeling energized all day**. Expect **protein-forward meals**, vibrant seasonal produce, and satisfying variety. We focus on **whole foods, balanced carbs, and healthy fats**, with plenty of hydration and snack options to keep you steady between sessions. Dietary preferences are easy to accommodate, with **plant-based, gluten-free, and dairy-free** choices available at every meal.

Sample 5 day Menu:

Day 1

Breakfast: Veggie egg scramble + turkey or plant sausage, seasonal berries
Lunch: Protein wraps (or lettuce wraps), chicken/tofu, greens, roasted veggies, sauces (tzatziki/tahini/salsa)
Snack: Fruit & nuts or cheese or protein bar
Dinner: Salmon + lemon asparagus + cauliflower mash + mixed green salad

Day 2

Breakfast: Protein overnight oats (vanilla + cinnamon) + walnuts + banana; optional hard-boiled eggs
Lunch: Turkey lettuce wraps (or chickpea "tuna" wraps) + crunchy slaw + sweet potato wedges
Snack: Fruit & nuts or cheese or protein bar
Dinner: Beef & veggie curry stir-fry + broccoli + peppers over quinoa

Day 3

Breakfast: Breakfast tacos: eggs/egg whites (or tofu scramble), black beans, pico, avocado, corn tortillas
Lunch: Mediterranean platter: chicken shawarma (or falafel), cucumber-tomato salad, hummus, tabbouleh, greens
Snack: Fruit & nuts or cheese or protein bare
Dinner: Lemon Pepper Chicken + roasted veggies + mixed green salad

Day 4

Breakfast: Yogurt parfait bar: Greek yogurt/coconut yogurt, granola, berries, seeds; plus egg bites
Lunch: Big chopped salad: steak strips, chickpeas, roasted corn, pepitas, cherry tomatoes, citrus vinaigrette
Snack: Fruit & nuts or cheese or protein bar
Dinner: Shrimp fajita skillet (or portobello fajitas) + sautéed peppers/onions + guac

Day 5

Breakfast: Protein pancakes + berries + honey drizzle; side of eggs/egg whites
Lunch: Poke-style bowls: cauliflower rice, fresh tuna (or tofu), edamame, cucumber, seaweed, sesame-ginger sauce
Snack: Fruit & nuts or cheese or protein bar
Dinner: Turkey meatballs (or lentil "meatballs") + zucchini noodles + marinara + roasted broccoli



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Participating in Unite transformed my life. I not only shed pounds and built more muscle, I obtained a completely fresh outlook on my health and long-term well-being.

Maria, Texas

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How to get started:

STEP 1

Choose Your Length of Stay & Start Date

Options between 3 days to 24 weeks. New sessions begin every Sunday, and we're open year-round.

STEP 2

Customize

Choose your lodging preference and which program you'd like: Standard, Premium or Deluxe.

STEP 3

Register

We require a $1500 deposit upon registering to secure your spot. Register Now

STEP 4

Begin Pre-Care

Our pre-care process helps you prepare for your retreat, get acclimated with our app and ready for your life-changing stay.

Are you ready to Transform Your Life with Unite Fitness Retreat?

We can't wait to hear about your goals!

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info@uniteretreat.com

BOOK A FREE CONSULTATION

