

Fitness and Zumba on the Isle of Wight

A fantastic opportunity to spend a revitalising weekend immersed in the hottest dance-fitness craze, Zumba®. We include a high-energy daily schedule of Zumba® lessons with some of the UK's best teachers as well as a taster session in Masala Bhangra, evening entertainment and time to enjoy the local sights and dance the night away in a like-minded social group - a weekend by the sea with a difference! Staying half board in the comfort of the elegant 3* Ocean View hotel you will enjoy at least five hours of high energy Zumba® classes, evening entertainment and the opportunity to explore the delights of the Isle of Wight. THIS HOLIDAY IS NOW SOLD OUT. **FREE CAR FERRY FROM PORTSMOUTH OR SOUTHAMPTON INCLUDED**

Based on a minimum 2 people per car. Choose from the following routes:

Wightlink

Portsmouth – Fishbourne

07/09/2012

Fishbourne – Portsmouth

09/09/2012

Red Funnel

Southampton – East Cowes

07/09/2012

East Cowes – Southampton

09/09/2012

Please enquire for available times when booking.

Dates and Prices	7 September to 9 September - £159.00
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Unique Features	A weekend by the sea with a difference! The perfect opportunity to get away from it all, learn a new skill and make friends in a fun, sociable environment. NEW: Now includes a taster session in the hottest new workout on the scene, Masala Bhangra!
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Your Holiday

What's Included	<ul style="list-style-type: none"> A thorough and entertaining Zumba® dance and fitness syllabus with George Martini and Vicky Hahn (see classes and workshops) Taster session in Masala Bhangra Car or foot ferry from Portsmouth or Southampton to the Isle of Wight 2 nights' accommodation in the centrally located 3* Ocean View Hotel Dinner each night Social evenings with dancing and music
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What previous Customers Have Said about this Holiday	<p>'I have been on several Dance Holidays and they have all been great. This one was 10 times even better than the rest put together!.'</p> <p>'The best holiday I've ever had - a chance to relax and laugh with like minded people.'</p> <p>'Confidence building, lovely location, fantastic dance teachers, inspirational.'</p>
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Is this holiday for me?	Our UK breaks are ideal for newcomers to dance as well as those looking for an altogether more glamorous dance-based workout. The perfect opportunity to sample the hottest dance and fitness craze of the moment without breaking the bank. We can guarantee that once you experience Zumba® with Club Dance Holidays, with a group of like-minded people in a fun, lively environment you will be hooked! Learn a new skill, enjoy time in one of the UK's top cities or resorts, make friends and have the most fun you can squeeze into a weekend!
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Your Destination, includes sightseeing

Climate and weather	The Isle of Wight enjoys a mild British climate and September sees a good deal of late summer sunshine.
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Your Accommodation	<p>Ocean View IOW - Hotel*** (Half Board) (Included)</p> <p>The Ocean View is an elegant hotel commanding magnificent views across Sandown Bay, offering a number of spacious bedrooms with sea views and balconies upon which one can sit and relax, enjoying the tranquil views of Shanklin beach. The hotel provides a good standard of comfort throughout including a large in-house leisure centre and a snooker room. The hotel is conveniently located for the facilities and amenities within the town centre and Old Shanklin Village. Guests can unwind in the piano lounge before enjoying an evening meal in the spacious restaurant. A night porter ensures 24 hour reception service.</p>
Classes and Workshops	<p>Are you ready to party yourself into shape? That's exactly what the Zumba® program is all about. It's an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party™ that's bringing together people across the globe. Since its inception in 2001, Zumba® Fitness has grown to become the world's largest - and most successful - dance-fitness program with more than 10 million people of all shapes, sizes and ages attending Zumba® classes in over 90,000 locations across more than 110 countries. We also include an exclusive taster session of hot new workout craze Masala Bhangra. The Masala Bhangra Workout® is an exercise dance routine that modernizes the high-energy folk dance of Bhangra by blending traditional Bhangra dance steps and the exhilaration of Bollywood (Hindi film) moves, seen recently in the Oscar-winning film Slumdog Millionaire! This unique dance mixes cardiovascular with fun, and is suitable for participants of all ages and fitness levels. Masala Bhangra® is an ACE and AFAA approved fitness program and devised by Sarina Jain, the "Jane Fonda of India."</p> <p>Dance and fitness classes: There will be at least two hours of Zumba® and Zumba®-themed classes each day and all the classes will conveniently take place within the hotel.</p>
Daily Itinerary	<p>This is a provisional itinerary, aiming to give you an idea of what the weekend might look like. Some details may change.</p> <p>Day 1 Afternoon arrival and welcome meeting</p> <p>Zumba® taster session Dinner in the hotel Latin inspired dancing at a local venue</p> <p>Day 2 Breakfast in the hotel 10.00 - Zumba® dance classes (2 hours) Free time for lunch</p> <p>1500 - Masala Bhangra session (45 minutes) Dinner in the hotel</p> <p>Latin inspired social evening in the hotel.</p> <p>Day 3 Breakfast in the hotel 0930 – Zumba® dance classes (2 hours)</p> <p>1230 - Check out Afternoon - Free time before making your way home</p>
Nightlife	<p>The Isle of Wight has a wide variety of entertainments to suit all ages and there is a choice of pubs, bars and restaurants on the seafront. For those wishing to dance late into the night, there are some great local nightclubs.</p>
Your Teachers	<p>We are privileged to be working with some of the UK's best Zumba® instructors, all of whom carry the official Zumba® Fitness qualification and have many years' experience in dance and fitness instruction.</p> <p>Your teachers and hosts on the Isle of Wight will be George Martini and Vicky Hahn.</p>
Food and Meals	<p>Shanklin offers wide variety of restaurant choices, from traditional fish and chips on the promenade to popular pasta and pizza chains and top-end dining experiences.</p>
Optional Extras	<p>What are optional extras? In addition to your holiday we offer you a variety of optional extras to enrich your experience and add some local colour. There are no optional extras currently available for this trip.</p>

Single Room
Supplements,
Upgrades and
Budget Options

Option 1 - Included

Ocean View IOW - Hotel*** Half Board - (07/09/2012 to 09/09/2012 - 2 nights)

Quadruple room (Per Room)	16.00 GBP
Single Room (Per Room)	16.00 GBP
Twin Room (Per Room)	Included
Twin Room Ocean View (Per Room)	16.00 GBP
Extra Nights	
Quadruple room (Per Room)	130 GBP per night
Single Room (Per Room)	40 GBP per night
Twin Room (Per Room)	65 GBP per night
Twin Room Ocean View (Per Room)	75 GBP per night

Flights and
Transfers

****FREE CAR FERRY INCLUDED****

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Fishbourne – Portsmouth
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Making you own
way to the hotel
for ground only
package

Plane... Coach... Train...

The Isle of Wight is served by three Ferry companies departing from the south coast of England - Red Funnel, Wightlink and Hovertravel. Between them they offer 3 high-speed and 3 car ferries from Portsmouth (& Southsea), Lymington and Southampton. Journey times vary from around 10 to 60 minutes depending upon your choice of ferry route.

We include FREE return car or foot ferry from Portsmouth or Southampton (based on minimum 2 people sharing a car. Single prices also available).

The ferry trip is a great way to start your holiday, as you are travelling across The Solent one of the busiest shipping routes in the world. There is always something to see, yachts, luxury liners, huge oil tankers, container vessels and Navy warships.

All passenger ferry routes connect with bus routes and in Ryde the Island Line train station.

What to Expect in
terms of
Organisation

On Arrival: You will receive a course itinerary with information on the location of classes and your teachers. We also include information on the local sights, recommended restaurants and other helpful tips.

Before Your Go

Health and Fitness: There are no particular health requirements for a dance holiday. However you should be able to dance for at least 2 hours a day in order to be able to enjoy the classes.

Essential equipment and clothing to bring

What to wear for dancing: You can dance barefoot or we recommend that you bring comfortable gym shoes or trainers/jazz shoes for the dance classes and something more formal for the evenings. Your shoes should be comfortable and supportive. Wear lightweight cotton socks to avoid sweaty and blistered feet! Wear comfortable loose clothing for the classes and feel free to glam it up Indian style in the evenings!

At Your Destination