

Fitness and Zumba Deluxe

A fantastic opportunity to spend a revitalising weekend immersed in the latest 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 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 and kitsch 3* plus Tiffany's Hotel you will enjoy at least five hours of high energy Zumba® classes, evening entertainment and the opportunity to explore the delights of Blackpool. NEW: Now includes a taster session in the hottest new workout on the scene, Masala Bhangra!

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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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| Dates and Prices | 15 March to 17 March - £199.00 |
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Your Holiday

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| What's Included | <ul style="list-style-type: none"> A thorough and entertaining Zumba® dance and fitness syllabus with Craig Addison and George Martini (see classes and workshops) Taster session in Masala Bhangra 2 nights' accommodation in the centrally located, elegant boutique-style Tiffany's Hotel. Dinner each night Social evenings with dancing and music |
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| What previous Customers Have Said about this Holiday | '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!.' |
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'The best holiday I've ever had - a chance to relax and laugh with like minded people.'

'Confidence building, lovely location, fantastic dance teachers, inspirational.'

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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 | Southend-on-Sea not only boasts the world's longest pier but also a wealth of seaside attractions. |
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You'll find all the traditional seaside pleasures along the seven glorious miles of seafront. Thrill-seekers rejoice with our vast range of watersports, at the Marine Activities Centre – ride the rollercoasters at Adventure Island or discover a world of watery wonder at the Sea-Life Adventure Aquarium, all a stone's throw from the seafront.

If you love to shop, then you'll love Southend-on-Sea. The Town Centre is a unique shopping destination with a variety of quirky independent boutiques and 'big name' high street stores, and with over three hundred mouth-watering places to eat and a dazzling live music and nightlife scene, you really are spoilt for choice.

All of this, just an hour's train ride from London, and although easy to reach by rail, road or air, with the development of the London Southend Airport, it gets harder and harder to leave.

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| Climate and weather | Blackpool enjoys a typical British climate but our Zumba® dance and fitness weekend should warm the coldest of cockles! |
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| Classes and Workshops | Our weekend schedule aims to include as much Zumba as possible and we also offer related classes including Masala Bhangra, Booiaka and Sentao. There will be at least four hours' of Zumba over the weekend as well as taster sessions in Masala Bhangra, Sentao and Booiaka. |
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Zumba

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.

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."

Sentao

By transforming a chair into a sizzling dance partner, the explosive Zumba Sentao™ program strengthens your core, torches calories and sculpts muscle. Revolutionize your cardio workout with targeted resistance training and experience exotic world rhythms in red-hot, never-before-seen ways.

Booiaka

The latest US import, Booiaka is a fun freestyle Hip Hop based dance class meaning 'it's the way you move' and fuses together lots of fun dance styles into one fantastic workout.

All classes will conveniently take place within the hotel.

Daily Itinerary

This is a provisional itinerary, aiming to give you an idea of what the weekend might look like. Some details may change.

Day 1

Afternoon arrival and welcome meeting

Zumba® taster session

Dinner in the hotel

Latin inspired dancing at a local venue

Day 2

Breakfast in the hotel

10.00 - Zumba® dance class

Sentao Taster Session (45 minutes)

Free time for lunch

1500 - Masala Bhangra session (45 minutes)

Dinner in the hotel

Latin inspired social evening in the hotel.

Day 3

Breakfast in the hotel

0930 – Zumba® dance class

Booiaka Taster Session (45 minutes)

1230 - Check out

Afternoon - Free time before making your way home

Nightlife

Blackpool 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.

Your Teachers

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.

Food and Meals

Blackpool 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.

Optional Extras

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.

Single Room Supplements, Upgrades and Budget Options

Flights and Transfers

Making your own way Plane... Coach... Train...
to the hotel for
ground only package

The Hotel is approximately 5 miles north of Blackpool Airport and is just a cab ride away. Blackpool North railway station is less than ½ mile away and the main coach terminus is situated next to the football ground about 1 1/2 miles away.

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
