

Fitness Party on the Isle of Wight

Spend a revitalising weekend immersed in the hottest dance-fitness craze of the moment, Zumba® .

Unique Features 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 George Martini and Vicky Hahn 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 3* Trouville Hotel, which overlooks the sea and has access to a wide range of leisure facilities, 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.

Call Club Dance Holidays to book on 0207 099 4816.

Dates and Prices 27 September to 29 September - £175.00

Your Holiday

What's Included

- | A thorough and entertaining Zumba® dance and fitness syllabus with George Martini and Vicky Hahn (see classes and workshops)
- | Taster session in Masala Bhangra
- | 2 nights' accommodation in the centrally located 3* Trouville Hotel
- | Dinner each night
- | Social evenings with dancing and music

NB: The price is based on a twin or double room. Single supplement for the weekend is £20. Alternatively we can arrange a room share partner for you.

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!.'

'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.'

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!

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.

Your Accommodation Trouville Hotel - Hotel*** (Half Board) (Included)

Situated centrally on Sandown's seafront, the Trouville Hotel is the ideal location for an Isle of Wight Break.

The hotel's 88 well appointed rooms, most with sea view, offer TV with radio, as well as hairdryer, complimentary hospitality tray, toiletries and direct dial phone. Most have stunning sea views out across the English Channel and many have recently been refurbished.

Relax and unwind, days can be spent lazing in the bars and lounge, watching the ocean liners pass and the world go by. The hotel comes alive in the evening, with live entertainment in the stylish and Island's largest hotel ballroom. The hotel also boasts the 'Green Room', again with uninterrupted sea views, with 4 dedicated lanes of Short Mat Bowls and indoor leisure pursuits.

Classes and Workshops	<p>Our weekend schedule aims to include as much Zumba as possible and we also offer related classes including Masala Bhangra. There will be at least four hours' of Zumba over the weekend as well as taster sessions in Masala Bhangra, Sentao and Booiaka.</p> <p>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.</p> <p>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>All classes will conveniently take place within the hotel.</p>
The Learning Experience	<p>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.</p> <p>There is no "Beginner", "Intermediate" or "Advanced" in Zumba; it is open to everyone and everyone can benefit from its infectious party atmosphere and great fitness advantage.</p> <p>All 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 - hotel check in is from 1500 1700 Welcome meeting and Zumba® taster session Dinner in the hotel (3 course meal included) Latin inspired dancing at a local venue until late</p> <p>Day 2 Breakfast in the hotel 1000 Zumba® dance classes 1200 Sentao or Booiaka taster session (45 minutes) Free time for lunch 1600 Masala Bhangra session (45 minutes) Dinner in the hotel (3 course meal included) Latin inspired social evening in the hotel.</p> <p>Day 3 Breakfast in the hotel 0930 Zumba® dance class (one hour) 1100 Check out and leave cases with reception. Note that a late check out is subject to availability. 1130 Booiaka or other Taster Session (45 minutes) 1230 Free time before making your way home</p>
Nightlife	<p>Sandown 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> <p>Our fitness party weekend includes two sociable evenings at local venues, with a sprinkling of Latin flavour.</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>

George Martini George teaches and hosts on all of our UK dance and fitness breaks and is qualified in Zumba, Aqua Zumba, Zumbatomic, Masala Bhangra and more and runs his own company providing salsa classes for school children. George has always been passionate about Latin dance and fitness and his infectious style has won him many fans in his hometown of Oxford and throughout the UK.

Vicky Hahn Oxford-based Vicky is a popular teacher on our UK weekends and her infectious energy and fun spirit always make for challenging and memorable classes. Vicky is also qualified in Zumba Sentao.

Food and Meals	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.
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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.
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Single Room Supplements, Upgrades and Budget Options	Option 1 (Trouville Hotel) - Included	
	Trouville Hotel - Hotel*** Half Board - (27/09/2013 to 29/09/2013 - 2 nights)	
	Single (1 Person)	20.00 GBP
	Triple (Based on 2 sharing)	Included
	Triple (Based on 3 sharing)	Included
	Twin (Based on 2 sharing)	Included
	Extra Nights	
	Double (Based on 2 sharing)	50 GBP per night
	Single (Based on 1 sharing)	70 GBP per night
	Triple (Based on 2 sharing)	50 GBP per night
	Triple (Based on 3 sharing)	45 GBP per night
	Twin (Based on 2 sharing)	50 GBP per night
	Twin for sole use (Per Room)	70 GBP per night

Flights and Transfers	<p>Travel to your destination is not included on this holiday. However, we can assist with ferry bookings for a small admin fee. Alternatively you can book online with the following companies:</p> <p>Wightlink Portsmouth – Fishbourne</p> <p>Red Funnel Southampton – East Cowes</p> <p>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.</p> <p>All passenger ferry routes connect with bus routes and in Ryde the Island Line train station.</p>
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Making you own way to the hotel for ground only package	<p>Plane... Coach... Train...</p> <p>The Isle of Wight is served by three Ferry companies - Red Funnel, Wightlink and Hovertravel - that between them 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.</p>
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All passenger ferry routes connect with bus routes and in Ryde the Island Line train station which stops at Sandown.

Driving directions to the hotel are as follows:

To Sandown from East Cowes . 12.9 miles . Approx 25 minutes
Start at (East Cowes) on the A3021
At 2.2m, straight ahead into A3054
At 7.8m, straight ahead into A3055 nr Ryde
Continue to Sandown

To Sandown from Fishbourne . 8.7 miles . Approx 17 minutes
Start at Fishbourne on the B3331
At 984yd, turn left into A3054
At 3.5m, straight ahead into A3055 nr Ryde
Continue to Sandown

To Sandown from Yarmouth . 19.6 miles . Approx 39 minutes
Start at Yarmouth on the A3054
At 9.9m turn right into A3020
At 11.6m turn left into A3056 nr Blackwater
At 18.3m turn left into A3055 nr Sandown
Continue to Sandown

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.
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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.
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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!
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At Your Destination	.
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