

Fitness Party in Eastbourne

Party the weekend away to the hottest dance-fitness craze of the moment, Zumba® .

Dates and Prices	1 November to 3 November - £169.00
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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 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!
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Staying half board in the comfort of the elegant 3* Mansion Lions hotel you will enjoy at least five hours of high energy Zumba® classes, an enhanced itinerary with related classes including Masala Bhangra and a Pilates session, evening entertainment and the opportunity to explore the delights of Eastbourne.

NEW: Treat those aching muscles with a post-Zumba massage or indulge in a beauty treatment, including pedicure, manicure and body wrap. Call us for details and to pre-book.

Call Club Dance Holidays to book on 0207 099 4816.

Your Holiday

What's Included	<ul style="list-style-type: none"> A thorough and entertaining Zumba® dance and fitness syllabus with George Martini and Jackie Grant (see classes and workshops) Taster session in Masala Bhangra Taster Pilates class 2 nights' accommodation in the centrally located 3* Mansion Lions Hotel Dinner each night Social evenings with dancing and music Pre-bookable post-Zumba massage and beauty treatments from £15 - see Optional Extras
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NB: Accommodation based on twin-share. Single supplement is £16. Alternatively we can arrange a room-share partner for you.

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	<p>Eastbourne, of Saxon origin, is an unspoilt elegant Victorian seaside resort. Nestling under the Sussex Downs it enjoys a very pleasant all year round climate. It is protected from the more adverse weather conditions by the 575ft cliffs of Beachy Head and is renowned for its exquisite Carpet and Italian Gardens.</p> <p>The town is bursting with so many things to see and do that you might want to extend your visit to fit more in. There are plenty of places to visit and fun things to do for all ages. Explore the area's history , discover 1066 castles, museums and art galleries, relax and enjoy the views of Beachy Head, local parks and gardens, sample the local produce from the town's vineyards and farmers markets, enjoy fun filled trips to the seaside or South Downs National Park, spend the day shopping and then soak up the local atmosphere in one of the many restaurants, wine bars or traditional pubs.</p>
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Climate and weather	Eastbourne enjoys a typical British climate but our Zumba® dance and fitness weekend should warm the coldest of cockles!
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Your Accommodation Mansion Lionsss - Hotel*** (Half Board) (Included)

The elegant Mansion Lions Hotel is located in a prime spot overlooking Eastbourne's Grand Parade. Decorated to a high standard, facilities include a cosy bar and welcoming restaurant serving quality home cooked food and a choice of function rooms, ideal for our dance event. All individually designed rooms are spacious and decorated to a high standard, with mahogany furnishings and new Victorian style bathrooms. Television, hairdryer, telephone and tea/coffee making facilities are supplied as standard.

There is no car park at the hotel but parking permits for £1 per day are available from reception.

Classes and Workshops

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.

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."

Pilates

Pilates is a form of exercise, developed by Joseph Pilates, which emphasizes the balanced development of the body through core strength, flexibility, and awareness in order to support efficient, graceful movement. One of the best things about the Pilates method is that it works so well for a wide range of people. Athletes and dancers love it, as do seniors, women rebounding from pregnancy, and people who at various stages of physical rehabilitation. The top benefits doing of Pilates exercise that people report are that they become stronger, longer, leaner, and more able to do anything with grace and ease.

All classes will conveniently take place within the hotel.

The Learning Experience

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.

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.

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 - 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

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.

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

Nightlife Eastbourne 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.

Your teachers and hosts in Eastbourne will be George Martini and Jackie Grant.

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.

Jackie Grant Based in East London, Jackie teaches Zumba, Body Conditioning, Pilates and aerobics. Jackie offers a wide range of classes in and around London and is a popular face on our Zumba and fitness weekends.

Food and Meals Eastbourne 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.

NEW: Treat those aching muscles with a post-Zumba massage with ITEC Holistic Massage Therapist Sarah Chandler or indulge in a beauty treatment. Prices are as follows:

Full body massage (1 hour) £30
 Full body massage (1/2 hour) £20
 Indian Head Massage (45 mins) £20
 Body treatments - ie body wrap or body scrub including massage 1 hr 30 mins £30
 Facial & 1 full body massage 1 hr 30 mins £35
 Mini manicure (30 mins) £15
 Mini pedicure (30 mins) £15
 Luxury manicure (1hr) £25
 Luxury pedicure (1hr) £25

Call us to pre-book.

Single Room Supplements, Upgrades and Budget Options	Option 1 - Included	
	Mansion Lionsss - Hotel*** Half Board - (01/11/2013 to 03/11/2013 - 2 nights)	
	Double Room (Per Room)	Included
	Single Room (Per Room)	16.00 GBP
	Twin Room (Per Room)	Included
	Extra Nights	
	Double Room (Per Room)	80 GBP per night
	Single Room (Per Room)	60 GBP per night
	Triple Room (Per Room)	120 GBP per night

Twin for sole use (Per Room)

80 GBP per night

Twin Room (Per Room)

80 GBP per night

Flights and Transfers Travel to your destination is not included in your holiday price. The Mansion Lions hotel is situated in a prime position on Eastbourne's Grand Parade. Just 44 miles south of the M25 on the south coast Eastbourne's key approach roads include M23, A27, A22 and the scenic coastal A259. Frequent direct trains run to London Victoria, Gatwick and Ashford International and London Gatwick is just an hour by rail or road.

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