

# Torquay Fitness Boot Camp

A unique weekend break offering a comprehensive programme of fun and fitness on the English Riviera.

Dates and Prices 23 January to 25 January - £189.00

Unique Features A unique weekend break offering a comprehensive programme of fun and fitness on the English Riviera.

Kick start the year with a full fitness fiesta of workout and dance featuring Zumba®, Boxfit, Kettlebell workout, Drums Alive, Pilates, Step classes and more. A serious programme of health and fitness with fun, sociable evenings to banish the January blues.

Staying half board in the comfort 3\* TLH Carlton hotel (with unrivalled leisure facilities including indoor and outdoor pools, spa, gym, ten pin bowling and more) we include a carefully designed programme with at least nine hours of classes. Our Fitness Boot Camp promises to be challenging but also fun, with a like-minded group of people in a great location. We include evening social events and some time to enjoy the hotel spa, pool and facilities.

New for 2015: TLH Leisure Resorts are offering Club Fitness Holidays clients an exclusive discounted price on spa treatments. Choose from: Aztec Feet Treat (£16), OPI Juicie Minicure (£16) or Traditional Foot & Leg Massage (£24). Plus 15% off all other treatments. Please call us to pre-book.

All classes are suitable for all levels of fitness and our instructors will ensure that everyone enjoys the fitness benefits, regardless of experience and ability.

Call Club Fitness Holidays to book on 0207 099 4816.

## Your Holiday

What's Included

- | A thorough and entertaining fitness syllabus with Robert Sharpe and Melissa Venables (see classes and workshops)
- | Classes in Zumba, Boxfit, Kettlebell workout, Drums Alive, Step classes, Pilates and more
- | 2 nights' accommodation in the TLH Carlton Hotel, with a wide range of leisure facilities
- | Dinner each night
- | Social evenings with dancing and music
- | Exclusive spa treatment offers
- | No Single Supplement when you book early

NB: There are a limited number of single occupancy rooms on this holiday and a supplement of £30 will be payable when these rooms are full. So it pays to book early! A twin room for sole use carries a supplement of £30.

What previous Customers Have Said about this Holiday

'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?

Yes! Fitness Boot Camp is for anyone who wants to feel the health benefits of an effective workout while having as much fun as they can squeeze into a weekend! As well as ever-popular Zumba® we include a challenging but fun schedule of fitness classes, all in a like-minded, sociable group. All classes are suitable for all levels of fitness and our instructors will ensure that everyone enjoys the fitness benefits, regardless of experience and ability.

In the evenings there is time to relax with a (healthy) dinner followed by the chance to explore some of Torquay's nightspots.

All this from just £139 per adult when you book early. And ideal break to dust away the post-Christmas cobwebs and start the year off with a bang.

Your Destination, includes sightseeing Torquay has been one of the UK 's top holiday destinations since Victorian Times. When the gentry promenaded,

bathing huts were wheeled down to the beaches and anyone who was anyone had an attractive villa overlooking the sea.

It was the Victorians who first used the Riviera name to describe their favourite resort and their legacy remains to this day with sparkling white villas perched on the verdant hilltops, beautiful gardens around the seafront and elegant Victorian facades along the main streets. Don't be fooled by the Victorian ancestry however, Torquay is also a vibrant and forward thinking resort attracting visitors of all interests, from Art and Culture aficionados to marine enthusiasts.

Torquay's famous seven hills provide the backdrop to a waterfront scene that matches anything you'll find on the French Riviera. There are 22 miles of coastline, cliffs, coves and beaches and walks to rival any in the South West of England, with a climate that belongs somewhere much further south. There are opportunities for surfing, safe swimming, diving, sailing, angling and wonderful opportunities to study the natural wildlife at your leisure.

Torquay's waterfront is the focus of life in the town. Here you'll find the palm-lined promenade, seafront gardens, a lively harbour and an international marina. The new Living Coasts attraction adds to the variety of the new waterfront and the illuminated bridge is a great backdrop to a relaxing evening drink. Yet within minutes of the town centre there are beautiful beaches easily accessible by foot, road or sea.

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**Climate and weather** Our Fitness Bootcamp weekend takes place in January as we believe this is the best time to kick start a new fitness regime. Temperatures in Torquay are generally a couple of degrees higher than in the rest of the country but be prepared to bring warm clothes as the sea air will be bracing!

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**Your  
Accommodation**

TLH Carlton Hotel - Hotel\*\*\* (Half Board) (Included)

Part of the TLH Leisure Resort, the Carlton is linked to sister hotels the Derwent and the Victoria and takes advantage of the complex's extensive leisure facilities. From the moment you walk through the door you'll feel at home in the Carlton's warm & welcoming atmosphere. The Riviera Lounge and many of the bedrooms boast panoramic views across the Bay.

Facilities include a heated indoor pool, restaurant, gym and excellent spa.

The Carlton has 55 en-suite bedrooms laid out over 3 floors, plus 10 apartments

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**Classes and  
Workshops**

Your weekend fitness programme includes:

**Boxfit**

Boxfit classes are an all-level circuit training class. Classes include a strength/cardio workout, boxing techniques, padwork, timed stations, music and lots of fun!  
Classes have been running for more than 14 years and are popular with men and women of all ages and fitness levels. The classes begin with a high impact warm up, so it is important to arrive in time for the start of the class. To help you stay motivated throughout the class, there will be a variety of up-tempo music played.

**Kettlebell Workout**

Unlike many here-today-gone-tomorrow fitness crazes, kettlebell training is a time-honored technique that's just finally getting the attention it deserves. Since the weight isn't evenly distributed, using a cast-iron kettlebell forces your stabilizer muscles to work harder. As a result, you'll carve your core, sculpt your shoulders and back, and tone your butt and arms, as well as build power and boost endurance.

As for its calorie-burning capability, the average kettlebell workout melts away 20 calories a minute, says a recent study from the American Council On Exercise. That's 300 calories gone in just 15 minutes!

**Step Classes**

Step aerobics is a form of aerobics distinguished from other types by its use of an elevated platform (the step). The height can be tailored to individual needs by inserting risers under the step. Step aerobics was innovated by Gin Miller around 1989. After a knee injury, Gin consulted with an orthopedic doctor, who recommended that she strengthen the muscles that support the knee by stepping up and down on a milk crate. Today, Step is extremely popular in gyms and fitness classes and uses up-tempo music for a fun and effective workout.

**Drums Alive**

Using rhythm as the source of inspiration to discover a new group fitness experience Drums Alive® combines the benefits of a traditional physical fitness program with the brain affected benefits of music and rhythm. Drums Alive® is a program that fosters a healthy balance physically, mentally, emotionally and socially!

## Pilates

Pilates is an exercise system that focuses on stretching and strengthening the whole body to improve balance, muscle-strength, flexibility and posture. It was created by German-born Joseph Pilates in the early 1900s and incorporates elements of yoga, martial arts and Western forms of exercise.

Initially adopted by professional dancers in the US as an effective form of recovery after injury, pilates has steadily grown in popularity around the world, and includes celebrity fans such as Madonna and Jennifer Aniston.

## 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.

All classes will conveniently take place within the hotel.

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## The Learning Experience

Our weekend schedule aims to include as many fitness classes as possible and you can attend all classes or just dip in and out. We offer serious cardio workouts to offer real fitness benefits but at the same time ensure classes are suitable for all levels of fitness and are injected with a large dose of fun. There will be at least nine hours of classes and in addition to traditional fitness workouts we include dance-fitness based classes in Zumba and Masala Bhangra.

There is no "Beginner", "Intermediate" or "Advanced"; Fitness Bootcamp is open to everyone and everyone can benefit from the infectious atmosphere and great fitness advantage

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## 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 (check in from 1500)

1600 Welcome meeting and Zumba® class

1700 Masala Bhangra class

1900 Dinner in the hotel

2030 Night out with your hosts and instructors

### Day 2

Breakfast in the hotel

0930 Step Aerobics class

1020 Kettlebell Workout class

1115 Pilates class

1210 Zumba class

Free time for lunch

1415 Free class of your choice

Time to enjoy the local attractions or why not take advantage of our exclusive discounted rates on spa treatments?

Choose from: Aztec Feet Treat (£16), OPI Juicie Manicure (£16) or Traditional Foot & Leg Massage (£24). Plus 15% off all other treatments

1900 Dinner in the hotel

2030 Night out with your hosts and instructors

### Day 3

Breakfast in the hotel

0930 Drums Alive class

1030 Boxfit class

1130 Fun farewell Zumba® class

1300 Late check out (subject to availability)

Afternoon - Free time before making your way home

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## Nightlife

Torquay 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.

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Your Teachers	We are privileged to be working with some of the UK's best fitness and Zumba® instructors, all of whom have many years' experience in fitness instruction.																							
	Robert Sharpe and Melissa Venables will be teaching and hosting on this weekend.																							
	Robert Sharpe Robert is a Fitness Presenter, Fitness Education Tutor/Assessor and Personal trainer from Gloucestershire. He has a passion for fitness and dance and his classes and personal training are friendly, exciting, fresh, enjoyable and effective. Robert caters all his workouts to suit all abilities and needs so everyone can join in the fun no matter where they are within their fitness journey. Robert has worked in a number of countries across Europe as well as China, presenting in his unique style with innovative choreography and seamless breakdown methods.																							
	Melissa Venables																							
Food and Meals	Torquay 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	<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.</p> <p>New for 2015: TLH Leisure Resorts are offering Club Fitness Holidays clients an exclusive discounted price on spa treatments. Choose from: Aztec Feet Treat (£16), OPI Juicie Minicure (£16) or Traditional Foot &amp; Leg Massage (£24). Plus 15% off all other treatments. Please call us to pre-book.</p>																							
Single Room Supplements, Upgrades and Budget Options	<p>Option 1 - Included</p> <p>TLH Carlton Hotel - Hotel*** Half Board - (23/01/2015 to 25/01/2015 - 2 nights)</p> <table><tr><td>Single (1 Person)</td><td>Included</td></tr><tr><td>Twin / Double (1 Person)</td><td>30.00 GBP</td></tr><tr><td>Twin / Double (Based on 2 sharing)</td><td>Included</td></tr><tr><td>Twin for sole use (1 Person)</td><td>30.00 GBP</td></tr><tr><td>Twin for sole use (Based on 2 sharing)</td><td>Included</td></tr><tr><td colspan="2">Extra Nights</td></tr><tr><td>Single (Based on 1 sharing)</td><td>60 GBP per night</td></tr><tr><td>Twin / Double (Based on 1 sharing)</td><td>60 GBP per night</td></tr><tr><td>Twin / Double (Based on 2 sharing)</td><td>45 GBP per night</td></tr><tr><td>Twin for sole use (Based on 1 sharing)</td><td>60 GBP per night</td></tr><tr><td>Twin for sole use (Based on 2 sharing)</td><td>45 GBP per night</td></tr></table>		Single (1 Person)	Included	Twin / Double (1 Person)	30.00 GBP	Twin / Double (Based on 2 sharing)	Included	Twin for sole use (1 Person)	30.00 GBP	Twin for sole use (Based on 2 sharing)	Included	Extra Nights		Single (Based on 1 sharing)	60 GBP per night	Twin / Double (Based on 1 sharing)	60 GBP per night	Twin / Double (Based on 2 sharing)	45 GBP per night	Twin for sole use (Based on 1 sharing)	60 GBP per night	Twin for sole use (Based on 2 sharing)	45 GBP per night
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Flights and Transfers	<p>Transport is not included in your holiday price. TLH Leisure Resort is a comfortable 3 1/2 hour drive from London, only 3 hours from Birmingham and 4 from Manchester via the M5 motorway / A380 dual carriageway. Approach Torquay via the A380 from Newton Abbot, following signs to the Sea Front. At the traffic lights at the junction of Newton Road and Avenue Road, by Torre Railway Station, take the right hand fork to the Sea Front. At the second set of traffic lights, turn sharp left onto Falkland Road. At the next set of traffic lights turn right onto Belgrave Road. The Victoria Hotel, and its car park, is on your right. Additional car parking is located on Chestnut Avenue, turn right beyond the entrance to the hotel.</p> <p>First Great Western and Virgin trains operate to Torquay on a regular basis from across the country. The main line goes through Newton Abbot with either a direct connection to Paignton, stopping at Torre and Torquay (main station), or a change of train at Newton Abbot. Torquay railway station has a taxi rank and is about 1/2 mile from the town centre. National Coach Express travels to Torquay and Paignton from many areas of the UK and is one of the most cost effective means of traveling to Torquay. They can be contacted on 08705 808080. Some UK cities fly to both Exeter and Plymouth, such as Glasgow and Edinburgh. Exeter is closest, approximately 22 miles away and Plymouth about 30 miles away. Taxis and trains can both be caught for connections from the airports as can buses and coaches.</p>																							

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Making your own way to the hotel for ground only package

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

TLH Leisure Resort is a comfortable 3 1/2 hour drive from London, only 3 hours from Birmingham and 4 from Manchester via the M5 motorway / A380 dual carriageway. Approach Torquay via the A380 from Newton Abbot, following signs to the Sea Front. At the traffic lights at the junction of Newton Road and Avenue Road, by Torre Railway Station, take the right hand fork to the Sea Front. At the second set of traffic lights, turn sharp left onto Falkland Road. At the next set of traffic lights turn right onto Belgrave Road. The Victoria Hotel, and its car park, is on your right. Additional car parking is located on Chestnut Avenue, turn right beyond the entrance to the hotel.

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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.

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Before Your Go

Health and Fitness: There are no particular health requirements for a fitness holiday. However you should be able to exercise 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 for the classes. Your shoes should be comfortable and supportive. Wear lightweight cotton socks to avoid sweaty and blistered feet! Wear comfortable loose clothing for the classes.

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At Your Destination

Torquay is about much more than just sun, sea and sand. The town falls within the UNESCO-supported English Riviera Global Geopark, a unique area where cavemen and prehistoric beasts once roamed. You can experience it close up at Kents Cavern, home to the oldest fragment of the modern human species ever found in Europe.

If you're looking for some more modern history, take a walk down the Agatha Christie Mile and trace the famous author's footsteps through her hometown of Torquay.

For an unforgettable visit for the entire family, check out Torquay's Living Coasts coastal zoo, which features exciting indoor and outdoor exhibits including Penguin Beach, Fur Seal Cove and Octopus Odyssey. You can even get combined Living Coasts and Paignton Zoo tickets.

There's a year-round calendar of events in Torquay, including the popular Torbay Royal Regatta with displays from the Red Arrows, and you can often catch top West End shows at the Princess Theatre. For fabulous views, ascend the illuminated staircase at Royal Terrace Gardens, or take a trip on the unique HiFlyer Balloon for a real bird's eye view.

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