

Blackpool Christmas Boot Camp

A unique pre-Christmas weekend to get you into shape for festive parties.

Dates and Prices 5 December to 7 December - £189.00

Unique Features A unique pre-Christmas weekend to get you into shape for festive parties.

Enjoy a full fitness fiesta of workout and dance featuring Zumba®, Boxfit, Salsacise, HITT, Insanity, Pilates, Step classes and ABBA-robics!. A serious programme of health and fitness with fun, sociable evenings to kick-start the December festivities.

Staying half board in the comfort of the 3* Tiffany's Hotel in Blackpool 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 time to enjoy the bright lights of Blackpool.

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 Martin Jensen (see classes and workshops)
- | Classes in Zumba, Boxfit, Kettlebell workout, Drums Alive, Step classes, Pilates and more
- | 2 nights' accommodation in the 3* Tiffany's Hotel
- | Dinner each night, with a special Christmas-themed menu
- | Social evenings with dancing and music

NB: Price is based on twin share. There is a single supplement of £30; alternatively we can find you a room share partner.

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 Christmas-themed dinner followed by the chance to explore some of the local nightspots.

All this for just £149 per adult when you book early (before 30 April). An ideal break to get into shape for the Christmas festivities!

Your Destination, includes sightseeing

The queen bee of England's fun-by-the-sea-type resorts is unquestionably Blackpool. It's unashamedly bold and brazen in its efforts to cement its position as the country's second-most visited town after London. Tacky, trashy and, in recent years, a little bit tawdry, Blackpool doesn't care because 16 million people don't either.

Blackpool works so well because it has mastered the time-tested, traditional British holiday-by-the-sea formula with high-tech, 21st-century amusements that will thrill even the most cynical observer. Basically, a holiday here is all about pure, unadulterated fun.

The town is famous for its tower, its three piers, its Pleasure Beach and its Illuminations, a successful ploy to extend the brief summer holiday season. From early September to early November, 5 miles of The Promenade are illuminated with thousands of electric and neon lights.

Climate and weather Our Fitness Bootcamp weekend takes place in December as we believe this is a great time to clean up your fitness act before the indulgence of Christmas. Blackpool can be very cold at this time of year so make sure you bring warm clothes for the evenings!

Your Accommodation Tiffany's - Hotel*** (Half Board) (Included)

Elegance and attention to detail define Blackpool's renowned Tiffany's, a 3* plus centrally located hotel. The Mediterranean-style restaurant serves popular international dishes and traditional English fayre and of course "Breakfast at Tiffany's" is a buffet feast not to be missed. "Celebrities" cabaret bar is one of the most popular in town and the newly renovated Crystal ballroom is ideal for our dance classes. All rooms are individually decorated and have tea and coffee making facilities, hair dryer, direct dial telephone, television and private bathroom.

Parking is available at the hotel.

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.

Insanity

Forget everything you think you know about high-intensity workouts. Because INSANITY turns old-school interval training on its head.

If you've ever been to a Spin class, you know how that works. You motor along at a moderate pace for awhile – then all at once, you kick up your speed and heart rate – just for a minute or so. After that, it's back to a lower gear, giving you plenty of time to catch your breath.

But with INSANITY, you do exactly the opposite. You work flat out in 3 to 5-minute blocks, and take breaks only long enough to gulp some air and get right back to work. It's called Max Interval Training, because it keeps your body working at maximum capacity through your entire workout. You keep pushing your limits – so your body has to adapt. That's how you get in such insane shape in just 60 days.

Salsacise

Salsacise is a fusion of SALSA, CHA CHA, SAMBA, HIP-HOP, RAGGA and African beat combined with high impact aerobics. It is a fun and easy workout program however 'be prepared' to burn a lot of calories!

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.

HIIT

High Intensity Interval Training is a challenging schedule of training including push-ups, squats, lunge jumps, inchworms, jumping jacks and more. Guaranteed to get the heart pumping.

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.

ABBA-robics

Yes, you did read it correctly. A fun, high energy workout routine to some of the 70s favourite tunes! Benny and Bjorn eat your hearts out.

All classes will conveniently take place within the hotel.

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.

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 (check in from 1500)

1600 Welcome meeting and Zumba® 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 Salsacise class

1115 Pilates class

1210 Zumba class

Free time for lunch

1415 HITT class

Time to enjoy the local attractions

1900 Dinner in the hotel

2030 Night out with your hosts and instructors

Day 3

Breakfast in the hotel

0930 ABBA-robics class

1030 Boxfit class

1130 Fun farewell Zumba® class

1300 Late check out (subject to availability)

Afternoon - Free time before making your way home

Nightlife

Blackpool has a variety of entertainments to suit all ages and there is a choice of pubs, bars and restaurants. For those wishing to dance late into the night, there are some great local nightclubs.

Your Teachers	<p>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.</p> <p>Robert Sharpe and Martin Jensen will be your hosts and teachers for the weekend.</p> <p>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.</p> <p>Martin Jensen Martin has been teaching since 2002 and has spent that time looking for new and exciting ways of enjoying fitness! He teaches many different disciplines in a variety of styles and has flair and passion that makes his classes exciting and fun and keeps his clients coming back for more and more!!</p> <p>Martin has been a sponsored Pure Energy presenter since 2007 and came 2nd runner up in the "do you think you can teach" competition at the international fitness showcase UK 2008.</p>																
Food and Meals	Dinner and breakfast are included in the weekend and Blackpool offers a variety of restaurant choices, from traditional fish and chips to fast food and top-end dining experiences.																
Optional Extras																	
Single Room Supplements, Upgrades and Budget Options	<p>Option 1 - Included</p> <p>Tiffany's - Hotel*** Half Board - (05/12/2014 to 07/12/2014 - 2 nights)</p> <table> <tr> <td>Double Room for Single Occupancy (1 Person)</td><td>30.00 GBP</td></tr> <tr> <td>Double Room for Single Occupancy (Based on 2 sharing)</td><td>Included</td></tr> <tr> <td>Single Room (1 Person)</td><td>30.00 GBP</td></tr> <tr> <td>Twin Room (Per Room)</td><td>Included</td></tr> </table> <p>Extra Nights</p> <table> <tr> <td>Double Room for Single Occupancy (Based on 1 sharing)</td><td>99 GBP per night</td></tr> <tr> <td>Double Room for Single Occupancy (Based on 2 sharing)</td><td>139 GBP per night</td></tr> <tr> <td>Single Room (Based on 1 sharing)</td><td>99 GBP per night</td></tr> <tr> <td>Twin Room (Per Room)</td><td>139 GBP per night</td></tr> </table>	Double Room for Single Occupancy (1 Person)	30.00 GBP	Double Room for Single Occupancy (Based on 2 sharing)	Included	Single Room (1 Person)	30.00 GBP	Twin Room (Per Room)	Included	Double Room for Single Occupancy (Based on 1 sharing)	99 GBP per night	Double Room for Single Occupancy (Based on 2 sharing)	139 GBP per night	Single Room (Based on 1 sharing)	99 GBP per night	Twin Room (Per Room)	139 GBP per night
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Flights and Transfers	Transport is not included in your holiday price.																
Making your own way 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 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.																

Essential equipment
and clothing to bring

What to wear: 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.

At Your Destination .
