

## Functional Fitness Training and Parkour in Warwickshire

A unique fitness weekend combining Functional Fitness Training, Pilates and Parkour in the heart of the English countryside.

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Dates and Prices      9 January to 11 January - £249.00

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Unique Features      A unique fitness weekend combining Functional Fitness Training, Pilates and Parkour in the heart of the English countryside.

Kick start the year with an intensive training weekend in a the beautiful Warwickshire countryside. Instructors Rowena Ramsell and Parkour Generations' Leon Lawrence will be teaching a complementary syllabus of functional fitness training, Parkour, Pilates and more. Parkour is a unique holistic training discipline using movement that developed from military obstacle course training.

Staying half board in the comfort 4\* Ansty Hall Hotel (set in the heart of Shakespeare country and with 8 acres of landscaped gardens) we include a carefully designed programme with at least eight hours of classes. The weekend promises to be challenging but also fun, with a like-minded group of people in a great location.

Call Club Fitness Holidays to book on 0207 099 4816.

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### Your Holiday

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What's Included      | A comprehensive syllabus of classes instructed by Rowena and Leon to include:  
| Classes in Pilates, stretching and relaxation  
| Introduction to Parkour Generations' Parkour course and its various components  
| 2 nights accommodation with breakfast in the 4\* Ansty Hall Hotel  
| Dinner each night

NB: Price is based on twin share. Single supplement is £60.

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Is this holiday for me?      This unique, post-Christmas fitness weekend is for anyone who wants to feel the health benefits of an effective workout whilst learning new skills and meeting new people in a like-minded group. 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 (nutritious) dinner.

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Your Destination, includes sightseeing      So many chapters of English History have been made in Warwickshire. For a small area it certainly has far more than its quota of captivating castles, historic houses and celebrated gardens.

Its market towns and villages echo old England with curious names like Wooton Wawen, and also entice with contemporary shops, farmer's markets and restaurants, providing vibrant hubs at the very heart of rural life.

Culture within Warwickshire is also a very special blend. Secure the best seat in the house to enjoy a Shakespearian sonnet at the Royal Shakespeare Theatre. Explore villages and byeways in the footsteps of the Bard, then experience exciting sculptures in gardens, world-class art in historic settings and other Warwickshire literary greats. Or why not enjoy one of the great pleasures of Warwickshire by visiting our award winning pubs to find lots of local produce that's low in food miles and high in freshness and flavour. So come and tuck into some genuine treats.

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## Your Accommodation Ansty Hall Hotel - Hotel\*\*\*\* (Half Board) (Included)

Magnificent Grade II listed Georgian House set in 8 acres of beautifully landscaped gardens. 62 comfortable bedrooms all complete with modern amenities.

For guests visiting for leisure, the hotel is surrounded by countryside and Combe Park is on its' doorstep. For those wishing to explore further afield, the historic towns of Warwick, Stratford-upon-Avon, Rugby and Royal Leamington Spa are all within a 20 mile radius.

The Macdonald Ansty Hall Hotel is extraordinarily attractive with thoughtfully and very individually furnished bedrooms. From most rooms you will wake up to gorgeous views over the rolling Warwickshire countryside. Convenient, yet exclusive, this mellow, red brick house was built in 1678 and is indeed a little bit special. The tastefully furnished bedrooms, complete with tea and coffee making facilities, hairdryer, flatscreen, digital televisions, trouser press and direct dial telephone will leave you with a lasting impression of this hotel's luxurious accommodation and individuality.

At the Shilton Restaurant you will find hospitality delivered with courtesy by caring staff. A well-stocked wine cellar, combined with a strong emphasis on exceptional seasonal cuisine reflects the freshest seasonal product.

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## Classes and Workshops

Your weekend fitness programme includes:

### Functional Fitness Training

Functional fitness is all about preparing your body for real life situations. It is not just about strength, power or endurance, but all of these components combined to create a body that is ready for anything. Integration is key, with the focus on teaching all the muscles to work together rather than isolating them to work independently. This enables us to build a body capable of performing real-life activities in real-life positions, not just lifting a certain amount of weight in an idealized posture created by a gym machine.

### Parkour

Parkour is one of the fastest growing forms of exercise right now, originally introduced in France. With the aim to get from one place to another with precise movements that have the utmost efficiency with regards to both time and energy expended, it requires large physical demands by the body to perform these exercises correctly. Parkour has gradually been introduced into pop culture through appearances in movies, music videos, TV shows, video games, and finally in literature. A few examples where it can be seen are in the James Bond movie, Casino Royal, in one of Tony Hawk's skateboard video games and in Splinter Cell.

The health benefits of parkour are numerous, with one of the most important factors being that it encompasses both your mental abilities as well as your physical skills. In order to be proficient at parkour you must be constantly "thinking on your feet," always anticipating what will come next so that you know the best way to move your body to accomplish your goal.

We're working with Parkour Generations, who run Parkour classes in the UK.

### 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.

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 whilst catering for all levels. There will be at least eight hours of classes and training sessions.

There is no "Beginner", "Intermediate" or "Advanced"; this weekend 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 grounds.

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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)

1700 – 1900 Welcome meeting and introductory fitness session

Healthy dinner in the hotel

Day 2

Breakfast in the hotel

0930 – 1015 Warm up

1015 - 1115 Parkour/fitness session 1

1120 – 1220 Parkour/fitness session 2

1230 – 1315 Pilates

1330 Lunch at leisure

1500 - 1600 Combined Parkour/fitness session

1600 – 1630 Stretching class

Dinner in the hotel

Day 3

Breakfast in the hotel

0930 – 1030 Warm up

1030 – 1130 Combined Parkour/fitness session

1130 – 1200 Cool down and stretch

1230 Late check out

Afternoon - Free time before making your way home

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Your Teachers

Rowena Ramsell

Leon Lawrence

Parkour Generations

Parkour Generations is the largest professional organisation for the stunning movement discipline known as parkour or freerunning. Working around the world for over a decade, the founding members of Parkour Generations came together to create a vehicle to transmit the incredibly strong benefits and positive effects of this amazing art form. Comprised of founders, pioneers and principal developers of the discipline from across all generations, Parkour Generations is the authentic, original parkour collective.

The work of Parkour Generations is focussed on integrating the natural and largely untapped physical and mental potential of every person into their modern life in a holistic and functional way: to make movement and the use of the body a central part of our daily life. This is done through mediums which include teaching, conceptual and architectural consulting, live demonstrations, education and research, media work and artistic representations.

Parkour Generations works at the highest level across every field in the discipline; from running the first and largest parkour teaching and parkour certification framework in the world, to providing performance and consulting for all manner of media and professional projects, to giving international presentations to government bodies, to film-making and photography, to corporate team-building and improvement, to leading academic and physiological research on the social, cultural and physical effects of parkour. Standards are second to none.

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Food and Meals

Dinner and breakfast are included and we have worked with the hotel restaurant to prepare a healthy, nutritious menu. Full details will be available here soon.

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Optional Extras

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Single Room  
Supplements,  
Upgrades and  
Budget Options

Option 1 - Included

Ansty Hall Hotel - Hotel\*\*\*\* Half Board - (09/01/2015 to 11/01/2015 - 2 nights)

Single (Per Room) 60.00 GBP

Twin / Double (Per Room) Included

Extra Nights

Single (Per Room) 85 GBP per night

Twin / Double (Per Room) 60 GBP per night

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Flights and Transfers

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Making you own way  
to the hotel for  
ground only package

Directions can be found here: <http://www.macdonaldhotels.co.uk/our-hotels/macdonald-ansty-hall/useful-information/>

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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.

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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 three 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 the classes: