

## Zumba Fitness and Ginastica Natural on the Algarve

A unique new fitness weekend including Zumba Fitness® and Brazilian Ginastica Natural with Latin fitness experts Catalina and Giuseppe Vitolo of Maloca.

Dates and Prices 30 April to 4 May - £399.00

Unique Features From Latin America with Love! A unique new fitness weekend including Zumba® and Brazilian Ginastica Natural with Latin fitness experts Catalina and Giuseppe Vitolo of Maloca.

We include a full schedule of Zumba® classes with Catalina as well as a Ginastica Natural course with Giuseppe plus a taster Capoeira workshop. Ginastica Natural, originating in Brazil, is a rapidly growing worldwide fitness phenomenon (with a 30-year research history) offering a complete full-body training method and aiming to build strength, endurance, mobility, core stability, balance, flexibility and coordination simultaneously.

This long bank holiday weekend takes place at the 4 star luxury Vila Gale Lagos hotel on Portugal's Algarve. The Vila Gale Lagos offers two pools, spa, gym, restaurant, stylish and spacious rooms and is just a short walk from the beach and Lagos town centre.

Fancy joining us but don't have a babysitter? Fear not - we have very special accompanying partner and kids prices. Just £329 for your other half and £249 per child (based on sharing with 2 adults) for 4 nights 4\* Half Board, transfers, hosting and nights out (tuition not included). Secure your space now - 0207 099 4816.

### Your Holiday

What's Included

- | A full programme of classes in Zumba® and Aqua-Zumba® led by Catalina Vitolo (5 hours)
- | A Ginastica Natural syllabus led by Giuseppe Vitolo (4 hours)
- | Taster Capoeira workshop (45 minutes)
- | Programme of evening entertainment with dancing, including fun Latin nights and nights out
- | Return shuttle transfer from Lagos Airport
- | 4 nights' half board accommodation at the stylish four star Hotel Vila Gale Lagos, with swimming pools, spa, gym, restaurant and bar
- | Time to relax and enjoy the beach, pool and local sights
- | Welcome drink & orientation pack on arrival
- | Special discounted family packages

NB: Price is based on twin share accommodation. Single supplement is £80. Alternatively we can arrange a room share partner for you.

Is this holiday for me? Yes! This is an ideal holiday for newcomers to fitness, regardless of ability. Catalina and Giuseppe offer a wealth of experience and will ensure that their classes are both challenging and fun, as well as being tailored to the group.

Zumba Fitness® is a Latin-inspired dance and fitness craze currently sweeping the UK's dance and fitness studios, combining international music and contagious steps to form an addictive "fitness-party". To complement Zumba's fun, Latin vibe Ginastica Natural is a fantastic workout for all abilities, its main influence being Jiu-Jitsu combined with the techniques of stretching, flexibility and breathing of Hatha yoga. A sociable dance and fitness workout combined with sunshine, culture, good friends, food and entertainment.

Catalina and Giuseppe's enthusiasm, charisma and fun, inclusive teaching method will ensure that you experience a memorable week.

PLUS we offer an exclusive family discount. Fancy joining us but don't have a babysitter? Fear not - we have very special accompanying partner and kid's prices. Just £329 for your other half and £249 per child for 4 nights 4\* Half Board, transfers, hosting and nights out (tuition not included). Call to book 0207 099 4816.

Your Destination, includes sightseeing

Although it's undeniably touristy, Lagos is an attractive town with many charms. It lies along the bank of the Rio Bensafirim, with 14th-century walls enclosing the pretty, cobbled streets of the old town. Tiny plazas and picturesque churches add to the allure, although most visitors are more interested in what lies outside the city walls, namely a good range of beaches, from long sweeping sands on the scenery side to secluded coastal coves. Nightlife here is among the best in the Algarve, with an eclectic mix of lounges, bars and restaurants catering to young backpackers, surfers, not-so-spendthrift couples and various other sorts who pass through Lagos' gates.

Aside from its hedonistic appeal, Lagos has historical clout, having launched many naval excursions during Portugal's extraordinary Age of Discoveries.

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#### Climate and weather

April and May in the Algarve, in the main, offer extremely agreeable weather with mainly sunny periods and the occasional couple of rainy/cooler days. Daytime temperatures average a pleasant 22 C.

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#### Your Accommodation

Vila Gale Lagos - Hotel\*\*\*\* (Half Board) (Included)

The Vila Gale Lagos is a stunning 4\* superior hotel located on Lagos' Meia Praia Beach. Opened in 2009, the hotel is decorated to a high standard in a traditional local style with a cutting-edge modern twist. Rooms are spacious and comfortable and all have a balcony, air conditioning, satellite TV, mini-bar, telephone and private bathroom. Boasting extensive gardens and overlooking one of the Algarve's best beaches, the hotel offers a large freeform swimming pool, in-house Satsanga spa with choice of treatments, water sports, tennis, volleyball and golf.

There is a choice of two restaurants serving fresh local and international dishes as well as the glamorous "Fashion Bar" and a pool bar. Lagos and its legendary nightlife are a short taxi ride away.

There is some parking outside the hotel and an underground car park at 3 euros per day.

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#### Classes and Workshops

You'll enjoy a full schedule of Zumba and Ginastica Natural, comprising of at least nine hours plus a taster workshop in Capoeira. All classes will take place in a private room in the hotel (or the pool for Aqua Zumba!)

##### Zumba Fitness®

The only Latin-inspired dance-fitness program that blends red-hot international music, created by Grammy Award-winning producers, and contagious steps to form a "fitness-party" that is downright addictive. Zumba Fitness classes will form the basis of the holiday and both George and Hender will present one class each every morning after breakfast.

Additional classes on offer include:

##### Aqua Zumba®

Known as the Zumba "pool party," Aqua Zumba gives new meaning to the idea of an invigorating workout. Splashing, stretching, twisting, even shouting, laughing, hooting and hollering are often heard during an Aqua Zumba class. Integrating the Zumba formula and philosophy with traditional aqua fitness disciplines, Aqua Zumba blends it all together into a safe, challenging, water-based workout that's cardio-conditioning, body-toning, and most of all, exhilarating beyond belief.

##### Ginastica Natural

Ginastica Natural, first developed by Professor Alvaro Romano in 1982, is a complete full-body weight training method with a 30-year research history, offering strength, endurance, mobility, core stability, balance, flexibility and coordination simultaneously – resulting in quality of life, muscle tone, weight-loss plus a better performance as well as well-being and mindfulness via breathing techniques. It is suitable for all levels of fitness, from complete beginners upwards.

The main influence of Ginastica Natural is the ground movements of jiu-jitsu. These ground movements combined with the techniques of stretching, flexibility and breathing of Hatha yoga, natural movements and the strength created using body weight make up Ginastica Natural.

"As a physical education professional, my vision was to develop a training program, much beyond of just only fitness activities, I built a workout applied to health issues, quality of life and longevity; Ginastica Natural, can be practiced for everybody that wish an integration between, body and mind, following my concepts and philosophy of life. Ginastica Natural is a revolutionary training system that I use in my daily workout for decades, nowadays I can find how it contributed to my physical, mental and spiritual evolution, in my health and quality of life." – Alvaro Romano.

##### Capoeira

Capoeira is a Brazilian martial art that combines elements of dance, acrobatics and music, and is sometimes referred to as a game. It was developed in Brazil mainly by African descendants (N'golo, or zebra dance - a kind of dance in which the participant uses their feet to kick the head of their opponent similar to how a zebra moves, hence the name) with native Brazilian influences (Maraná war fight - a kind of fight that they use all their bodies to attack the enemy), probably beginning in the 16th century. It is known by quick and complex moves, using mainly power, speed, and leverage for a wide variety of kicks, spins, and highly mobile techniques; at heart is the ginga (similar to native Indian Brazilian dance until today), the back-and-forth, foot-to-foot movement that serves as the starting point for such leverage. Capoeira used in genuine self-defence situations incorporates many sweeps and low moves, whereas when played as a game

there is more emphasis on high moves, demonstrations of acrobatics, full cartwheels (called au) for evasion, and flips or other exotic techniques by mestres (masters), and performing an entertaining match for the audience.

#### The Learning Experience

Our schedule is fairly intense and of course you can dip in and out of the classes as you wish but we do recommend participating in order to reap the benefits. Classes take place in the mornings so that you have the afternoons to relax and enjoy the sights.

There is no "Beginner", "Intermediate" or "Advanced"; the open to everyone along with the fitness benefits we offer a sociable, party atmosphere.

All classes will take place within the hotel.

#### Daily Itinerary

The provisional itinerary below aims to give you an idea of what your holiday will look like. There will be some elements which will change:

##### Thursday

Arrive at the Vila Gale Lagos and check in  
Welcome Ginastica Natural class (one hour)  
Latin party night in the hotel

##### Friday

Breakfast in the hotel  
Zumba class (one hour)  
Ginastica Natural class (one hour)  
Aqua Zumba class (one hour)  
Free afternoon  
Night out in Lagos

##### Saturday

Breakfast in the hotel  
Zumba class (one hour)  
Ginastica Natural class (one hour)  
Taster Capoeira class (45 minutes)  
Free afternoon  
Night out in Lagos

##### Sunday

Breakfast in the hotel  
Zumba class (one hour)  
Ginastica Natural class (one hour)

Aqua Zumba class (one hour)  
Free afternoon  
Night out in Lagos

##### Monday

Transfer to Faro Airport for your return flight

#### Nightlife

Catalina and Giuseppe will be hosting two nights of fun and fabulous Latin dance themed parties in the hotel. They'll also accompany you on two nights out in the lively resort of Lagos.

#### Your Teachers

Catalina and Giuseppe, a husband and wife team from Colombia, have been running Maloca, a Latin fitness studio and coffee shop, in south west London for over five years. They offer classes in Zumba Fitness® , Ginastica Natural, Jiu Jitsu, Capoeira and more for all ages and abilities.

Catalina was taught by Beto Perez in Colombia in the 90s. Dancing has been her passion ever since but life took her in a different direction when she graduated from school... From dancing in Maria Sanford in Cali almost everyday of the week for several hours, she ended up dancing at Pineapple Dance Studios a couple of hours a month in Covent Garden, London, while she was studying Psychology, Anthropology and Sociology at University. When she opened Maloca in 2010 she remembered "Beto". The just renovated studio with big mirrors and natural light reminded her of that studio in Cali where dance became one of her biggest passions in life. She said to her husband Giuseppe, "I need to find my old friend Beto... he could come to London and start his own Dance Academy at Maloca... He is amazing!". She googled him and found ZUMBA! Giuseppe and her couldn't believe their eyes "He is a giant! That is clearly not happening!" she said. Anyway, she contacted Beto by email and he kindly guided her to find an instructor through the official Zumba website

and told her to get certified. Following her master`s advice, she found an instructor to get the classes started and she signed up for a B1 certification course. "Beto is the same person I met when I was 14 or 15 years old. He is an exceptional dancer, a hard worker and a kind person who truly believes in the power of his dream". Now, as a qualified Zumba Basic 1 and Zumbatomic Instructor, Catalina teaches Zumba at her own venue MALOCA celebrating her Colombian roots and inspiring people of all ages and backgrounds. She supports various charities and organisations such as Peace One Day, Santa Maria Foundation and Active-8! which she co-founded. Get ready for lots of Cali-style Salsa and Merengue in her sessions!

Giuseppe is a BJJ (Brazilian Jiu Jitsu) and Ginastica Natural practitioner and has been teaching Capoeira since 1997. He started training Martial Arts when he was 9 years old with Judo and has been involved in the Martial Arts world since then. In January 2010, along with Catalina, he opened MALOCA in London offering Capoeira, Ginastica Natural, BJJ and Zumba Fitness ® for all. He holds a purple belt in Capoeira and a blue belt in Brazilian Jiu Jitsu and his Master is Roger Gracie from the legendary Brazilian Gracie family.

#### Food and Meals

International cuisine: Lagos offers a choice of restaurants offering locally caught fresh seafood as well as international cuisine including modern and traditional Portuguese, Italian, Chinese and much more.

#### Optional Extras

You'll receive a choice of a variety of optional extras to make your holiday even richer and add some local colour. You can buy your optional extras at the welcome meeting at the beginning of your holiday. We will ask you to pay in cash and fill out a form.

#### Single Room Supplements, Upgrades and Budget Options

##### Option 1 - Included

Vila Gale Lagos - Hotel\*\*\*\* Half Board - (30/04/2015 to 04/05/2015 - 4 nights)

Twin Room (Per Room)	Included
Twin Room (Single occupancy) (Per Room)	84.00 GBP
Extra Nights	
Family Room (Based on 2 sharing)	120 GBP per night
Family Room (Based on 3 sharing)	120 GBP per night
Twin Room (Per Room)	104 GBP per night
Twin Room (Single occupancy) (Per Room)	78 GBP per night

#### Flights and Transfers

This holiday is quoted flight-exclusive. However, we will be happy to book a flight for you for a small admin fee. Please call us for details.

Which airport? The nearest airport to Lagos is Faro. From Alicante it takes approximately one hour by taxi.

Airport Coach Transfer: Providing we have your flight times, you will be allocated a space on the return airport coach transfer.

#### Making you own way to the hotel for ground only package

Return shuttle transfers are included from Faro airport on the start date and end date of the holiday. There will be a choice of transfer times to accommodate flights from the UK. Should your flight be arriving on a different day you can take a taxi from Faro airport for approximately €100.

#### What to Expect in terms of Organisation

You'll be collected from the airport and taken to the hotel as part of the service. There'll be a group meeting and drinks on the first evening which will be your opportunity to learn about the classes, meet your instructors and others on the holiday.

You'll have a fantastic tour host looking after the group so you don't need to worry about the local knowledge, sunbathing hotspots or best restaurants. Your host will let you know the best places to be so you can make the most of every minute!

Overview of the Week and Welcome Drink: At the beginning of the week there is an Overview of the Week where your tour host will tell you about all details of your holiday. At the Overview of the Week you can buy your optional extras (see below). Also at the start of the week, Club Fitness Holidays will invite you to be our guest to a drink.

Getting Around: You are responsible for making your own way to the dance classes and meeting points on the itinerary. We will point out those times when it is sensible to take a taxi.

Free time: We encourage you to explore the local area and make use of the excellent hotel facilities. This can be done when you please around the activities and dance classes that we have organized for you. Your tour host will be on hand for any queries you may have about the local area.

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Before Your Go	<p>Books on Portugal: It may be worth your while reading up on your destination before you go. We recommend the Rough Guide for general travel tips as well as Monica Ali's "Alentejo Blue" for a stunning portrait of rural Portugal. <a href="http://www.algarvetouristguide.com">http://www.algarvetouristguide.com</a> has some good traveller tips and resort information.</p> <p>Budgeting for your holiday: Here are some guidelines on prices, to help you do your own calculations. Please refer to the optional extra section of the fact sheet for the prices of the optional extras</p> <p>Three course meal including drinks in the centre of town: 20-25 euros An evening of tapas and drinks: 12 euros Rum and coke: 5 euros Beer: 2 euros Coffee: 1.50 euros</p> <p>Health and Fitness: There are no particular health requirements for this holiday. However you should be able to exercise for at least two hours a day in order to be able to enjoy the workshop/socials.</p> <p>Insurance, Visa and Passport Requirements: Refer to the brochure for full details. In brief, Insurance is a condition of booking. Visas may be required for non EU citizens. British nationals need a full passport to travel to Portugal.</p> <p>Travel Documents: You receive these 10 days prior to departure.</p>
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Essential equipment and clothing to bring	<p>What to wear for dance and fitness classes: We recommend that you bring trainers and comfortable gym-style clothes for the classes. Your shoes should be comfortable and supportive. Lightweight cotton socks are advisable if you want to avoid sweaty and blistered feet! Evenings are informal but some venues do not allow beachwear / shorts etc.</p> <p>Useful Things to Bring: Swimwear Suntan lotion Beach gear Camera Summer clothing for day and light jacket for evenings</p>
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At Your Destination	<p>Banks and Money: The easiest way to buy obtain euros is by using a credit card at the cashpoints which are located at five minutes walking distance from the hotel. You can buy small amounts, as often as you like, at any time, without queuing. You will need to know your P.I.N. Bank opening hours are normally 9.00 a.m. to 2.00 p.m. Banks will change cash, travellers cheques and will sell you currency on your credit card providing the lines are open. You will always need to show your passport at a bank.</p> <p>Tipping is generally not that common in Spain. There is no need to tip taxis but it is usual to leave a 5 - 10% tip at a restaurant if you are particularly pleased with your dinner/lunch.</p> <p>We feel our tour hosts work hard to give you an exceptional holiday and sometimes you may find that they add some special touches which are beyond the call of duty. If you agree with us, you might wish to show your appreciation by way of a tip. You can do this by putting money in an envelope on your own or by getting together with other guests. This evidently is entirely at your discretion.</p> <p>Making friends with the Locals and people not on the holiday: The classes and evening events in the hotel at night are exclusive to Club Fitness Holidays clients. Generally, we discourage people who are not on the holiday from joining our activities and we ask for your discretion in this respect. By all means, outside of the itinerary, do mix with other holidaymakers staying in the hotel.</p>
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