

Zumba in Eastbourne

Experience a revitalising weekend in Eastbourne immersed in Zumba®, the hottest dance-fitness craze.

Dates and Prices 1 November to 3 November - £239.00

Unique Features Say yes to a fantastic opportunity to spend a revitalising weekend in Eastbourne immersed in the hottest dance-fitness craze, Zumba®. You'll enjoy a high-energy daily schedule of Zumba® lessons with some of the UK's best teachers, evening entertainment and time to enjoy the local sights and dance the night away in a social group of like-minded people - a weekend by the sea with a difference!

Staying half board in the comfort of the 3* Mansion Lions Hotel, you will enjoy at least 5 hours of high energy Zumba® classes, evening entertainment and the opportunity to explore the delights of Eastbourne..

Your Holiday

What's Included

- | An entertaining Zumba® dance and fitness syllabus with George Martini (see classes and workshops)
- | 2 nights' accommodation at the Mansion Lions Hotel in Eastbourne
- | Breakfast and Dinner
- | Social evenings with dancing and music

What previous Customers Have Said about this Holiday

"Confidence building, lovely location, fantastic dance teachers, inspirational."

"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!"

"The best holiday I've ever had - a chance to relax and laugh with like minded people."

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. It's 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!

Your Destination, includes sightseeing

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.

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.

Climate and weather Eastbourne enjoys a mild British climate

Your Accommodation Mansion Lions Eastbourne - 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 Your weekend schedule includes as much Zumba as possible. There'll be at least 5 hours of Zumba over the weekend.

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 take place within the hotel.

Daily Itinerary

The provisional itinerary below aims to give you an idea of what the weekend might look like. Some details may change.

Day 1

Afternoon arrival and welcome meeting
Dinner in the hotel
Latin inspired dancing at a local venue

Day 2

Breakfast in the hotel
10.00 - 12.00 Zumba® Party with George
Free time for lunch
1600 - Fun Salsa and Bachata class
Dinner in the hotel
Latin inspired evening at a local venue

Day 3

Breakfast in the hotel

Check out OR late check out subject to availability
0930 - 1130 – Zumba® classes

Afternoon - Free time before making your way home

Your Teachers

We work 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 a special guest who will ensure you experience the ultimate Club Dance Holidays Zumba® Fitness Weekend in Eastbourne.

Food and Meals

You'll be spoilt for choice with the variety of restaurant choices Bournemouth has to offer. From traditional fish and chips on the promenade to popular pasta and pizza chains and top-end dining experiences, it's just a matter of deciding where you want to dine!

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 currently no optional extras currently available for this trip.

Single Room Supplements, Upgrades and Budget Options

Option 1 - Included

Mansion Lions Eastbourne - Hotel*** Half Board - (01/11/2019 to 03/11/2019 - 2 nights)

Single Room (Per Room)	20.00 GBP
Single Room Sea view (Per Room)	Included
Twin Room (Per Room)	Included

Flights and Transfers

Making you own way

to the hotel for ground only package	Eastbourne is just 85 minutes by train from London Victoria and easily accessible by road.
What to Expect in terms of Organisation	You'll receive a course itinerary on arrival along with information on the location of classes and your teachers.
Before Your Go	Health and Fitness: There are no particular health requirements for this 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. If you do have any concerns please do feel free to call a member of the team who will be happy to help - 0207 099 4816.
Essential equipment and clothing to bring	Although you can dance barefoot, 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. Lightweight cotton socks are also recommended to avoid sweaty and blistered feet, and comfortable, loose clothing for the classes.