

## ***The Ultimate Zumba Fitness Weekend with Helen Pybus Pilates and Health***

**When: Friday 23<sup>rd</sup> – Monday 26<sup>th</sup> March 2012**

**Where: Centre Parcs, Sherwood Forrest, Nottingham**

I have teamed up with a team of instructors from the North to bring you this fabulous weekend. We have limited places available, and anticipate that these places will go fast!

Not into Zumba? Don't worry, as there are 3 studios in the building we have hired, we are offering a variety of other classes too, including:

- Zumba Toning
- Body Attack
- Body Combat
- Boxercsie
- Boot Camp
- Bums & Tums
- Hula Fitness
- Ab Attack
- Total Body Conditioning
- Running Club
- Pilates
- Chi Ball

And more to be confirmed!!!

### **Basic Information:**

#### **Full package:**

Your price includes:

- 3 night's accommodation (Friday, Saturday and Sunday night)
- A full programme of classes taught by Helen and other guest instructors from 8 am – 4 pm on Saturday and 8 am – 1 pm on Sunday
- Fabulous complimentary goodie bag upon arrival
- Free Entrance to our ***Saturday Night Themed Party*** from 7.30 – 11.30 pm, where you can bust your best moves on the dance floor and refresh yourself at the bar after all of those tough fitness classes! Quality Entertainment guaranteed!!!
- Free use of Center Parcs facilities including Sub Tropical Swimming Paradise\*

**Full Package Price: £167.50 per person**

### **Event only:**

Your price includes:

- All the above, minus the accommodation. This may be more suitable for parties with many non fitness class participants, such as families whereby mum might want to attend the fitness sessions whilst dad looks after the kids!!! . Please note however that you MUST still be staying with Center Parcs; it is merely up to you and your party to book your own accommodation at the village.

**Event Only Price: £99.00**

**Please ensure you select the correct package for yourself and party.**

### **Accommodation**

The accommodations we have selected are the 3 bed comfort villas with bunks and sleep six people. Typical amenities of these villas are:

- Double bed x 1
- Twin beds x 1
- Bunk beds x 1
- Cot and high chair
- Bathroom with over the bath shower
- Gas oven and hob
- Fridge
- Microwave
- Open fireplace
- Multi channel TV
- Private patio area
- Outdoor furniture

Please note for parties of under six in a villa, an under occupancy fee will be applicable so please try to organise your groups accordingly to avoid this. Alternatively we can 'buddy you up' with other class members and arrange a shared villa.

### **How to Book**

Please complete the attached booking form, filling in all the required details. Each place reserved will require a £40.00 deposit per person at the time of booking in order to hold your place. The remainder of the balance is due as follows.

### **Full Package:**

Deposit Required £40.00 per person
£67.50 additional per person
Final balance of £60.00 per person

At the time of booking
Closing Date 15th July 2011
Closing Date 3rd February 2012

**Event Only:**

Deposit Required £30.00 per person	At the time of booking
£40.00 additional per person	Closing Date 15th July 2011
Final balance of £29.00 per person	Closing Date 3rd February 2012

**Cancellations/Transfers:**

Monies paid are non-refundable but are transferable to another party if you wish to do so. Names can be changed up until and including 23rd March 2012. Any name changes will be free of charge but must be sent to Helen Pybus Pilates and Health before they are official.

**How to pay:**

Payments can be made in any class by cash or by cheque.

Please make all cheques payable to Helen Pybus Pilates and Health. If you need to post your cheque, our address is

4 The Sound, Oulton broad, Lowestoft, Suffolk. NR33 9HE

(Please do not send cash in the post)

**Your Holiday**

Even though you are attending our event, you are also on holiday and we are working with Center Parcs to ensure your stay meets your expectations in every way. Prior to the event, you will receive information from us on behalf of Center Parcs where you can make various holiday decisions to improve the quality of your stay, and book certain activities ahead so that everything is ready for your arrival.

Please remember that villas can be checked in to at 3pm; however you can arrive on parc and enjoy the facilities from 12 noon.

\*Various activities are free of charge such as the Sub-Tropical Swimming Paradise. Other activities are chargeable and are not included in the event price

**Event Only Attendees:**

For the minority that need to opt for event only, please ensure that you keep us updated with your villa numbers. We need to know where everyone is for safety and security

For any other questions, please email Helen on [helenpybus@btinternet.com](mailto:helenpybus@btinternet.com), or call **07814 651740**

We look forward to exercising and partying with you at Centre Parcs!!