

# Get Bikini Fit



## Experience Breaks at Ribby Hall Village

Just before the holiday season, help is at hand to get you ready to bare your body! With three days of intense fitness activities, dietary advice and a spray tan and mini pedicure, we'll have you beach beautiful in no time!

Monday 27th April - Friday 1st May 2009

Friday 12th - Monday 15th June 2009

£250pp midweek & £275pp weekends  
includes 3/4 nights accommodation,  
all classes & beauty treatments and a healthy food hamper.



To book your break

**Freephone 0800 107 0096**

Lines open 8am to 8pm

Ribby Hall Village, Ribby Road, Wrea Green, Preston, Lancs PR4 2PR

# GET BIKINI FIT MID-WEEK BREAK

**Sample Itinerary:** \*Your spray tan and mini pedicure will be booked in advance.

<b>MON</b>	4pm	<b>Arrive &amp; Check in:</b> If you wish to arrive early, please feel free to enjoy our leisure facilities including swimming pool, sauna, steam, spa and gym.
	6pm	<b>Welcome meeting:</b> To discuss facilities & your itinerary.
<b>TUE</b>	8.45am-9am	<b>Body Pump:</b> Technique
	9am-10.15am	<b>Body Pump:</b> "The World's fastest way to get in shape". Using barbells and adjustable weights, it works the major muscle groups via a series of exercises including squats, presses and lifts.
	10.30am-11.30am	<b>Thighs, Tums &amp; Bums:</b> A fun and energetic class aimed at toning those wobbly bits!
<b>WED</b>	2pm	<b>Talk:</b> Diet, Nutrition & How to Get the Most out of your Exercise.
	3.30pm-4.30pm	<b>Salsacise:</b> A highly motivational dance workout that can help you burn many calories in one session - a fantastic fun aerobic workout.
	9.15am-10.15am	<b>Studio Circuits:</b> A whole body workout for toning muscle and burning fat.
<b>THURS</b>	1-2 pm	<b>Belly Dancing:</b> Exciting, fun, relaxing and sensual – tones stomach muscles & helps general posture and wellbeing.
	9am-10am	<b>Fitness Pilates:</b> Strengthens core muscles, improves posture & strength, increases flexibility and tones.
<b>FRI</b>	2pm-3pm	<b>Aqua Aerobics:</b> Improves the fitness of your heart and lungs, tones the body and reduces fat.
	10am-11am	<b>Aerobic Mix:</b> A mixture of aerobics, dance moves and strength exercises to tone the whole body and improve your fitness.
	12pm	<b>Motivation Talk &amp; Fitness Programme:</b> To encourage you to continue on in your healthier lifestyle regime.

# GET BIKINI FIT WEEKEND BREAK

**Sample Itinerary:** \*Your spray tan and mini pedicure will be booked in advance.

<b>FRI</b>	From 10am	<b>Arrive &amp; Check in:</b> Please note, rooms may not be ready until 4pm - Please feel free to enjoy our leisure facilities including swimming pool, sauna, steam, spa and gym.
	12pm	<b>Welcome meeting:</b> To discuss facilities & your itinerary.
	2pm	<b>Talk:</b> Diet, Nutrition & How to Get the Most out of your Exercise.
<b>SAT</b>	3.30pm-4.30pm	<b>Salsacise:</b> A highly motivational dance workout that can help you burn many calories in one session - fantastic fun aerobic workout.
	9.45am	<b>Spinning:</b> Technique
	10am-10.45am	<b>Spinning:</b> A cardiovascular workout on a fixed wheel studio bike set to the latest tunes - a fun way to improve your fitness and helps with weight management.
<b>SUN</b>	2.30pm-3.20pm	<b>Fitness Pole Dancing:</b> A great calorie burner! Tone your abs & legs, define your arms & upper body & learn dance sequences around the pole!
	10am-11am	<b>Studio Circuits:</b> A whole body workout for toning muscle and burning fat.
	12pm	<b>Motivation Talk &amp; Fitness Programme:</b> To encourage you to continue on in your healthier lifestyle regime.
	2.30pm-3.30pm	<b>Aqua Aerobics:</b> Improves the fitness of your heart and lungs, tones the body and reduces fat.
	3.45pm	<b>Body Pump:</b> Technique
	4pm-5pm	<b>Body Pump:</b> "The World's fastest way to get in shape". Using barbells and adjustable weights, it works the major muscle groups via a series of exercises including squats, presses and lifts.

**Please note these are example itineraries and activities may be subject to change.**