DEAN'S SOLOS 2010 CLASS AND STAFF TRAINING SCHEDULE

Combat Fitness

Punch away the pounds and kick off the calories in this safe, no-contact workout using techniques adapted from martial arts and boxing. Not only reshaping your body, this session will also boost your confidence and ensure you've always got enough energy to make it to the final round.

Flat Stomach

Complete middle management in one session with a mix of new and familiar exercises to firm the tummy and waist but also targeting the deeper abdominal muscles to improve posture and head to an instantly slimmer appearance.....or your money back!

Step

Giving the same fat burning benefits as running, yet only stressing your joints like walking and also specifically sculpting your legs and bum, it's no wonder the step is now over 20 years old and still going strong. Get ready for a total below the belt transformation.

Fitness Yoga

A unique approach to toning the whole body by placing a focus on good spinal alignment and core strength to protect such, then introducing movement through various yoga-based postures to develop functional strength and flexibility. This is **not a traditional yoga class**, as a fitness based class it is more dynamic and the emphasis is directed toward the physical elements. This class will leave you with a greater understanding of how your body works and how to maximise it's potential.

Partner Workout

Bring a friend (if not I'll find one for you) for this alternative approach to weight training.....using someone else's bodyweight! Don't worry, it's a lot safer and less painful than it sounds but this definitely is a serious resistance workout that will help to change the shape of your body, without pumping iron. You know what they say - a problem shared is a problem halved.

Sunset Stretch

Using the latest techniques from the world of sports science, such as active isolated stretching and pro-prioceptive neuromuscular facilitation, this is your route to a more supple and active body - for life.

Dance Aerobics

Take a soupcon of Sinatra swing, a twist of Travolta, a flash of fame and a portion of Pussy Cat Dolls pout, now stir sensually and bring to the boil for a steamy workout that's guaranteed to put sweat on your brow and a smile on you face.

Cardio Tai Chi

East meets West in this unique exercise format based on ancient Chinese healing techniques, taking a centuries old basic pattern up-tempo for calorie burning benefits. You can

expect improvements in your circulation, control of your breathing, your co-ordination and even your ability to concentrate.

Flex Appeal

Similar to bodypump but using dumbells for a much greater variety of exercises and lifting tempos that have been physiologically proven to bring reshaping results. Be warned.....this could drastically change the way you look on the beach - from now on you'll be turning heads (not stomachs!)

Express Workout

Designed specifically for anyone who wishes there could be more than 24 hrs in a day, my unique method of 'stacking' exercises will enable you to get a top-to-toe workout, wherever you are, in a fraction of the time it takes to complete traditional gym workouts. It's all about the KISS - keep it short and sweet!

Street Dance

Funky fitness that ensures you'll forget how hard you're working as the fun factor becomes the number one priority. This total body jam will leave you feeling like the star of your own MTV dance video and sure to dance up a storm at the next disco in the Clubhouse.

Beaut Camp

Who said boot camp should leave you with mud in your hair and broken nails? Taste the great outdoors, get back to nature and train your body the way evolution designed it to perform as we set off in search of the six-pack and a dress size lower. (Insect repellent compulsory!)

Dean's visit with us this year is his second BodyHoliday solos event. He comes from September 12th to October 5th, 2010.

His classes and workshops/seminars are as follows:

CLASSES - Morning Classes at 10am and afternoon classes at 5pm

Monday	Combat Fitness + Flat Stomach
Tuesday	Step + Fitness Yoga
Wednesday	Partner Workout + Sunset Stretch
Thursday	Dance Aerobics + Cardio Tai Chi
Friday:	Flex Appeal (weights) + Express Workout
Saturday	Street dance + Beaut Camp (circuits)

Workshops/Seminars (twice per week)

- Juggling to De-stress.