

**EARLY BIRD  
DISCOUNT**  
SAVE UP TO £40

TWO WEEKENDS TO CHOOSE FROM:

**FRI 8<sup>TH</sup> MAY or FRI 4<sup>TH</sup> SEPT**

# 3 NIGHT FITNESS RETREAT

*Recharge the Body & Mind*

**HALF BOARD**  
**£79**  
PER PERSON

OR ROOM ONLY £59 PP

LIMITED TO FIRST  
100 PLACES



*Look good, Feel great, Re-energise!*

**YOGA, PILATES, ZUMBA,**

Top to Toe tone, Water Fitness & HIIT plus lots more...



**FITNESS CLASSES  
THROUGHOUT THE DAY**  
**LIVE EVENING  
ENTERTAINMENT**



  
**Pakefield**  
FITNESS RETREAT

FOR MORE INFORMATION

visit [www.pontins.com/fitness](http://www.pontins.com/fitness) or Call 0871 474 2743

Subject to availability. Adult Only. New bookings only. Prices are per person based on 2 people sharing a 1 bedroom classic apartment on a half board basis. Single supplements may apply. Up to £40 off is based on brochure rates of £119 per person, half board or £99 per person room only. This offer is limited to the first 100 rooms, prices will go up to brochure rates once achieved. Room only will not include breakfast or evening meal. Fitness classes will be on a first come first served basis. Pontins reserves the right to change/remove offers without prior notice. Most activities are free some may carry a small charge. Calls cost 13p per minute plus your phone company access charge. For all other terms and conditions visit [www.pontins.com/terms-and-conditions](http://www.pontins.com/terms-and-conditions) or ask at time of booking



**PRESTATYN SANDS - 17TH JANUARY 2020**  
**2020 EVENT PROGRAMME**

**48 HOURS OF FUN & FITNESS +  
INTERNATIONAL PRESENTERS +  
LIVE ENTERTAINMENT ACTS**

TO SEE ALL OUR 48 HOUR PARTY & FITNESS PACKAGES VISIT

**[WWW.48HOURPARTY.COM](http://WWW.48HOURPARTY.COM)**

# FRIDAY PROGRAMME

**FITNESS  
HALL 1**

**FITNESS  
HALL 2**

**FITNESS  
SUITE 1**

**FITNESS  
SUITE 2**

**SPEAKERS  
CORNER**

**AQUA  
HALL**

## CHECK IN - GUEST ARRIVAL ANYTIME FROM MIDDAY

12pm -

**PRIORITY/CLUB EXTRA GUEST CHECK IN FROM: 12PM**  
**ALL REMAINING GUESTS CHECK IN FROM: 2PM**  
(RECEPTION/CHECK IN AVAILABLE UNTIL 10PM)

3pm - 3:30pm

**MEET & MINGLE IN FITNESS HALL 1**  
MEET CHICO & THE 48HR FITNESS TEAM FOR AN INFORMAL MEET AND GREET/PHOTO OPPORTUNITY.

3:30pm -  
4:15pm

**CHICO'S FIT FACTOR IN FITNESS HALL 1**  
EXPERIENCE NEW BRANDS IN THIS BIG 48 HOUR FITNESS MASH UP CLASS,  
SHOWCASING WHAT THE PRESENTERS HAVE IN STORE FOR YOU THIS WEEKEND!

4:30pm -  
5:15pm

**Boot Camp**  
**Mark Laws**

Sweat, push yourself to the limit and be inspired into a new you, Trade 'Mark' Banter comes included!

**Body Blast & Stretch**  
**Tracey Nicholls**

Activate your core and tone up those major muscles with handheld weights and a stretch that will leave you on the floor but wanting more.

**Vibe Cycle**

**Delvin Clarke**

Delvin Clarke and his team will have you sweating to the ultimate cycling vibe. Don't just ride, Vibe Ride!

**Pulse Roll**

**Jess Sweeney**

Pulse-roll is a unique concept that delivers a deep tissue massage in a stretch and release class using vibrating foam rollers.

5:30pm -  
6:30pm

**LEE BUTLER RAVING FIT IN FITNESS HALL 1**  
LIVE ENTERTAINMENT IN THE MAIN VENUE FROM RADIO CITY DJ LEE BUTLER

## FREE TIME

9pm - 12am

**LIVE ENTERTAINMENT IN FITNESS HALL 1**  
LIVE ENTERTAINMENT IN THE MAIN VENUE FROM DJ ALEX FROST, THE LIVERTONES, FRESH GROOVES UK AND JIVE BUNNY

**FRIDAY NIGHT LIVE ENTERTAINMENT**  
LIVE ENTERTAINMENT IN THE MAIN VENUE

**DJ ALEX FROST, THE LIVERTONES,**

**FRESH GROOVES UK & JIVE BUNNY**

**SATURDAY NIGHT ICONS NIGHT**  
LIVE ENTERTAINMENT IN THE MAIN VENUE / FANCY DRESS OPTIONAL

**DJ ALEX FROST + BACK BY POPULAR DEMAND: MASSAOKE**

**TRIBUTES TO:**

**WHITNEY HOUSTON, FREDDIE MERCURY, BILLY JOEL & CYNDI LAUPER**

# SATURDAY PROGRAMME

	FITNESS HALL 1	FITNESS HALL 2	FITNESS SUITE 1	FITNESS SUITE 2	SPEAKERS CORNER	AQUA HALL
9am - 9:45am	<b>Zumba</b> <b>Syreeta Stracey</b> Where Africa meets Latin America, feel the heat feel the beat.	<b>Body Combat</b> <b>Alex Sacco</b> A powerful mixed martial arts class designed to empower and awaken the warrior within.	<b>Groovy Glutes</b> <b>Nectarina Posporia</b> Combining experience, science and Music. This programme is designed to tone the gluteal muscles and core.	<b>Vibe Cycle</b> <b>Delvin Clarke</b> Delvin Clarke and his team will have you sweating to the ultimate cycling vibe.		<b>Aqua Dance &amp; Groove</b> <b>Jemma Knight</b>
10am - 10:45am	<b>Funk Fit</b> <b>JP Omari</b> Experience the energy – be taken back to old classic soul & funky vibes. Let JP put you in hypnotic trance as you sing and dance	<b>Abs Like Slabs</b> <b>Jay Banks</b> ABS are made in the kitchen and sculptured in the studio. Come learn Jay's Abs like slabs workout	<b>Chicombat</b> <b>Elishah Crutchley &amp; Block Fit Team</b> Float like a butterfly Sting like a bee, where you punch like Muhammad Ali and kick like Bruce Lee!	<b>Vibe Cycle</b> <b>Delvin Clarke</b> Delvin Clarke and his team will have you sweating to the ultimate cycling vibe.	<b>Recipe For A Brighter Life</b> <b>Tanya Bright</b> Learning how to manage feelings of anxiety, stress, depression and fears. YOU NEED TO HAVE A BRIGHT CENTRE ON THE INSIDE TO REALLY SHINE ON THE OUTSIDE!	
11am - 11:45am	<b>Aerolatino</b> <b>Jeff Davila and Tori Lynch</b> Combines Latin American Rhythms such as salsa merengue, Cha-cha, Reggaeton, Bachata to form a continuous Aerobic routine.	<b>Bounce Dance Fit</b> <b>Franco Conquista</b> This is a high constantly varied, addictive dance workout that mixes tempo moves you'd expect from an aerobics class set to a mix-tape of street dance styles	<b>TOP TO TOE TONE</b> <b>Katy Moore</b> A conditioning class designed to tone and burn fat from head to toe with body weight or dumbbells. Katy Moore style.	<b>Vibe Cycle</b> <b>Delvin Clarke</b> Delvin Clarke and his team will have you sweating to the ultimate cycling vibe.	<b>Life &amp; Body Transformation</b> <b>Jo Morrison</b> Turning challenges into possibilities	<b>Aqua Toning</b> <b>Jemma Knight</b>
12pm - 12:45pm	<b>Block Fit</b> <b>Chico and his team</b> Dance combat HIIT and yoga meditation that will feed your body mind and free your soul.	<b>Vibe Step</b> <b>Delvin Clarke</b> Freestyle step aerobics with the vibe method easy to follow moves to suit all levels, come and feel the vibe!		<b>Vibe Cycle</b> <b>Delvin Clarke</b> Delvin Clarke and his team will have you sweating to the ultimate cycling vibe.		
	LUNCH BREAK / FREE TIME					
1:15pm - 2pm	<b>Clubbercise</b> <b>Elishah Crutchley</b> Club anthems from the 90's to present day with disco lights and glow sticks.	<b>PulseRoll</b> <b>Jess Sweeney</b> Pulse-roll is a unique concept that delivers a deep tissue massage in a stretch and release class using vibrating Foam rollers.	<b>Thai Chi Pilates Yoga</b> <b>Alex Sacco</b> A beautiful blend of Fitness yoga, tai chi and Pilates to strengthen the body with guided meditation to calm the mind	<b>Vibe Cycle</b> <b>Delvin Clarke</b> Delvin Clarke and his team will have you sweating to the ultimate cycling vibe.	<b>"From a Flicker to a Flame"</b> <b>Andrew Crawford</b> The master is back with his style of delivering gems of wisdom that will change your game, taking you from a Flicker to a Flame	<b>Aqua Circuits</b> <b>Jemma Knight</b>
2:15pm - 3pm	<b>Barre Strength</b> <b>Jay Banks</b> A Ballet inspired workout, combining Cardio, Body weight resistance and Stretching	<b>Block HIIT</b> <b>Tracey Nicholls &amp; Block Fit Team</b> Get the HIIT with Block Fit. Tracey and Team will take you through 36 exercises including partner work that will push you to your limits into the limitless	<b>JeKaJo</b> <b>Tanya Bright</b> Combining Afro-Beats, Hip-Hop, RnB, Soca, Reggae and Dancehall to create a fresh dance-based Fitness programme with a Carnival vibe	<b>Vibe Cycle</b> <b>Delvin Clarke</b> Delvin Clarke and his team will have you sweating to the ultimate cycling vibe.	<b>Nutrition</b> <b>Mark Laws</b> Join Mark for his remarkable talk, learn laugh and grow and prepare to be inspired	
3:15pm - 4pm	<b>Carnival Party</b> <b>PILOXERCISE</b> Afro-Caribbean fusion incorporating basic dance steps, with body weighted exercises partnered with pure carnival vibes by the amazing PILO	<b>UPROAR DANCE FITNESS</b> <b>Anna Dockery &amp; the Uproar team</b> Learn the basic step that'll keep you moving throughout, It's time to let out your inner lion and get Roar-cous! 50 minutes/500 calories/5000 steps. Let's go!	<b>Block Fit Yoga &amp; Meditation</b> <b>Lindsey Abbott</b> Immerse yourself in this Block Fit yoga meditation session mixing the new with the old where body meets heart and soul	<b>Vibe Cycle</b> <b>Delvin Clarke</b> Delvin Clarke and his team will have you sweating to the ultimate cycling vibe.	<b>Find your inner light</b> <b>Cassie Crowhurst</b> You are going to be alright, now let's Find your inner light with Cassie	<b>Aqua Dance &amp; Groove</b> <b>Jemma Knight</b>
4:15pm - 5pm		<b>Boot Camp</b> <b>Mark Laws</b> Sweat, push yourself to the limit and be inspired into a new you "Trade 'Mark' Banter comes included!	<b>Freestyle Fitness Yoga</b> <b>Clare Stobart</b> Flexibility, strength and balance, and uses Yoga postures to teach. No meditation or relaxation. It's purely a workout for muscles.	<b>Vibe Cycle</b> <b>Delvin Clarke</b> Delvin Clarke and his team will have you sweating to the ultimate cycling vibe.		
	FREE TIME					
8pm - 2am	<b>LIVE ENTERTAINMENT IN FITNESS HALL 1</b> LIVE ENTERTAINMENT IN THE MAIN VENUE FROM ALEX FROST, MASSAOKE AND TRIBUTES					

# SUNDAY PROGRAMME

	FITNESS HALL 1	FITNESS HALL 2	FITNESS SUITE 1	FITNESS SUITE 2	SPEAKERS CORNER	AQUA HALL
9am - 10am	CHECK OUT					
9:15am - 10am	<b>Thai Chi Yoga Pilates Flow</b> <b>Alex Sacco</b> A Beautiful blend of Fitness Yoga, Thai Chi and Pilates to strengthen the body with guided meditation to calm the mind	<b>Street Dance</b> <b>JP Omari</b> Learn energetic choreography to a cool RnB/ Hip Hop tracks with JP Omari , broken down moves in easy to follow step by step in a fun Friendly environment.	<b>Twerk Fit</b> <b>Tanya Bright</b> Learn how to work it and twerk it!Get sassy and sexy to this amazing workout that will leave you feeling like Beyonce.	<b>Vibe Cycle</b> <b>Delvin Clarke</b> Delvin Clarke and his team will have you sweating to the ultimate cycling vibe.		<b>Aqua Zumba</b> <b>Elishah Crutchley</b> Bringing you South American rhythms while splash in a carnival party atmosphere with the lovely Lish.
10:15am - 11am	<b>K-I-S-S-E-D</b> <b>Jay Banks</b> Keep It Simple Safe and Dance Jay goes back to his routes in this dance base workout that will make you S&S (sweat and smile)	<b>Kombat</b> <b>Katy Moore</b> This includes basic principles from mixed martial arts disciplines with that added "Katy Killer" Twist. Cardio blow outs, kicks and punches. Not for the Faint hearted.	<b>STRONG by Zumba®</b> <b>Syreeta Stracey</b> Is a revolutionary high-intensity workout led by music to motivate you to crush your ultimate fitness goals. TRY IT NOW the Syreeta way.	<b>Vibe Cycle</b> <b>Delvin Clarke</b> Delvin Clarke and his team will have you sweating to the ultimate cycling vibe.	<b>What's your story?</b> <b>Jo Morrison</b> Mind-set session to take you through a journey of self-discovery	<b>Aqua Toning</b> <b>Jemma Knight</b>
11:15am - 12pm	<b>Bad Ass</b> <b>Franco Conquista</b> This combat, Cardio & conditioning class will have you toning muscles and burning calories improving your balance while jamming to the BADASS tunes.	<b>Salsa</b> <b>PILOXERCISE</b> A Fusion of Salsa moves and Cuban dances, Cuban Salsa and Suelta. No partner necessary to enjoy our high energy and confidence boosting Latin dance class	<b>PulseRoll</b> <b>Jess Sweeney</b> Pulse-roll is a unique concept that delivers a deep tissue massage in a stretch and release class using vibrating foam rollers.	<b>Vibe Cycle</b> <b>Delvin Clarke</b> Delvin Clarke and his team will have you sweating to the ultimate cycling vibe.		<b>Aqua Circuits</b> <b>Jemma Knight</b>
12:15pm - 1pm	<b>FAREWELL SESSION IN FITNESS HALL 1</b> JOIN US FOR THE FINAL CLASS OF OUR 48-HOUR FITNESS WEEKENDER.  ENJOY A FUN DANCE CLASS TO CHICO'S ORIGINAL SONGS AS WE SAY FAREWELL!					



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