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Swingtime Aerobics Fitness & Dance Convention

7th-14th June or 30th August - 6th September 2019

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Two weeks with aerobics, dance and fitness – one of them for free!

Swingtime and Club La Santa are offering two different Aerobics weeks in Lanzarote in 2018. In the month of June, we'll be warming up for the big event in September and to ensure you enjoy the ultimate fitness experience. Once again, we have brought together a team of presenters from all over the world.

June event **FREE**

The event in June is free and is open to aerobics enthusiasts. We recommend that you already have some aerobics and dance experience if you want to take part.

- 5-6 hours offered daily
- primarily dance, step and aerobics.

Presenters June

- Per Markussen, Sweden
- Steve Watson, England
- Sava Assenov, Bulgaria
- Elisabeth Dalsgaard, Denmark

For more than 30 years, Club La Santa has been the favourite holiday destination for active holiday makers under the sun. Sport, active lifestyle, good facilities, great atmosphere and climate are the key ingredients for creating the perfect active holiday for all ages and levels at Club La Santa. With more than 30 different sports and 40 guides and sports instructors,

September event

In September, we will host the large Swingtime Aerobics Fitness & Dance Convention. You can choose to buy individual classes, days or the whole event.

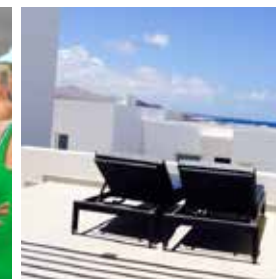
- 10-12 hours are offered daily of dance, step, aerobics, fitness & body/mind classes.

Presenters September

- Steve Watson, England
- Sava Assenov, Bulgaria
- Christiane Reiter, Germany
- Christos Gabriel, Cyprus
- Martial Pustoch, France
- Lorenzo Sommo, Italy
- Anastasia Alexandridi, Greece
- Elisabeth Dalsgaard, Denmark

everyone has the opportunity to try different sports or improve at the ones they love.

Once the trip has been paid for, all the sports facilities can be used free of charge. However, participating in Swingtime Aerobics, Fitness & Dance Convention in September, requires separate registration and payment.





The professional team

Learn from some of the best instructors in their field; aerobic, fitness & dance!



Per Markussen, Sweden

Per is one of the World's top International Fitness Presenters and have toured the Globe for over 20 yeras. Per has developed a unique way of theaching and combines this with his everlasting enthusiasm, creativity and joy. Pers background in street dance, jazz, house and martial arts brings an intense feeling and groove to his classes. Per is Founder and Educator Specialist at Move on Fitness Education School in Romania. We are very proud to welcome Per for the first time at Swingtime Conventions; it has bin a grand wish for many years!



Steve Watson, England

Steve will teach at both events. Presenter, 1998", he has achieved various other distinctions and even more international acclaim. Steve's enthusiasm, energy, motivation and teaching technique ensure that his clas-

ses can be customised to suit each individual's needs. You feel safe in Steve's hands and he manages to get everyone involved in his classes. He is one of Britain's most sought-after presenters. Read more on chrysalispromotions.com



Sava Assenov, Bulgaria

Sava will teach at both events. Sava is a former European master of Acrobatics and a Bulgarian Champion of Aerobics. Sava lives in Munich but the whole world is his workplace. He is widely used and respected as a presenter at many large conventions. He is particularly known for his "jazz-inspired" dance classes but his step classes, Pilates and yoga classes are also legendary. He always teaches with his characteristically calm and infectious humour and knows exactly how to create optimal power and energy in every class. Read more on saas-event.de



Christos Gabriel, Greece

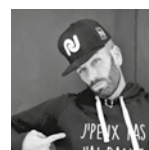
Christos is a graduate from the Democritus University of Greece (B.Sc in Sport Science & Physical Education). He works as an International Fitness Presenter and presented in many countries. He is responsible for the Group Fitness Education in one of the biggest Fitness Schools in Greece (Gr.a.f.t.s Hellas). Christos passion to dance and expression through the movement is not only confined to fitness. In the past he has participated in Musical Theaters.

organisations and works as a choreographer for shows- and TV-performances (since 2006 she is with her popular Pilates television programme on air). Her trendsetting presentations are highly in demand on conventions around the globe. Today she is an expert for Pilates, fascial and functional Training. We proudly present her for the first time at the Swingtime team.



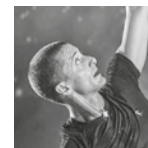
Christiane Reiter, Germany

For more than 2 decades Christiane Reiter's name stands for groundbreaking development in the international fitness- and dance scene. Four times she became "Presenter of the year". Being a popular instructor at several European academies, Christiane also teaches at numerous sports



Martial Pustoch, France

Martial Pusdoch from France is a professional dancer, choreographer and fitness presenter. He teaches dance, hip hop, house, step, aerobics etc. He has won several of titles: Best choreographer Hip Hop France, best international teacher and best upcoming presenter. He is for sure a new very exiting name in the industry, and we are very pleased to present him once again at the Swingtime events. His style is unique and different from what we have all seen before.



Lorenzo Sommo, Italy

Lorenzo has the highest italian degree in sport and science of movement, with a master on the science of training, and has worked in the fitness industri for the past 18 years. He has worked for NIKE Italy both as a dancer and a model. He has won the tittle "Rookie of Italy" – best presenter 2005 as one of the youngest fitness presenters ever. He teaches step and dance as well as pilates, fitness and yoga classes.



Anastasia Alexandridi, Greece

Anastasia grew up in Greece and now lives in Germany. She Studied at High College Jazz Dance New York, and she is well known for her unique powerful teaching style, charisma, passion, methodology and stunning choreography. She has appeared numerous times on Greek

TV and choreographed for famous singers and actors in Greece. She was The best International Presenter 2016, and has presented all over the world.



Elisabeth Dalsgaard, Denmark

Elisabeth will teach at both events. Elisabeth is an organizer and teacher. In March 2013, Elisabeth was named "presenter of the year" in England at the IFS Aerobics Convention in Blackpool. Elisabeth, who has been a professional instructor since 1995, is in great demand throughout Europe as a respected teacher. She has her own company, Swingtime ApS, which runs dance schools. She has organized events for Club La Santa since 2004. She has developed several concept classes including the recent Ballroom Fitness™, which combines ballroom dancing and aerobics. Read more on swingtime.dk



Practical information

Participant fee in June

The participant fee is Free!

FREE

Participant fee in September

Participation in Swingtime Aerobics, Fitness & Dance Convention in September costs:

8 days: € 150,-	4-5 days: € 120,-
7 days: € 140,-	1 day: € 50,-
6 days: € 130,-	1 class: € 20,-

You must register for both events in advance from home. A supplementary fee of 15 euros will be added when signing up at Club La Santa for 4 days or more. For questions about the Swingtime Aerobics, Fitness & Dance Convention, please contact: Elisabeth Dalsgaard via info@swingtime.dk, swingtime.dk or tel. +45 48 224 324

Travel and accommodation

Book your accommodation and flights You can book and pay for your accommodation and travel (flight, airport transfer, etc.) with your nearest Club La Santa Office/ Agency or online via our website. Remember to state that you are participating in "Swingtime Aerobics, Fitness & Dance Convention" week.

Travelling from the UK? Book your stay via
Email: reservations@clublasanta.co.uk
Tel: +44 161 790 9890

Travelling from Germany? Book your stay via
Email: lasanta@t-online.de
Tel: +49 40 551 0034

Please note that this event is subject to changes.

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Book your holiday today or with your nearest Club La Santa sales office