



Experts in their field

Strictly Come Dancing has made Vincent & Flavia household names. **Brian Alexander** met them to discuss the TV show and the role of Guildford's Field of Fitness

You would have thought all those dance classes and public performances would be enough to keep Strictly Come Dancing duo Flavia Cacace and Vincent Simone as fit as fleas.

But apparently not. That's why the world-renowned dance partners from Guildford spend so much time at the impressive Field of Fitness personal training centre in Chapel Street.

"When we get a day off we like to work with Jon Field to get in even better shape," says Vincent, who finished runner-up with pop singer Rachel Stevens in the recent Strictly programme.

"Flavia and I dance a great deal, but we need the gym work to make us stronger. The last programme was long and punishing, but all the effort in the gym paid off because I didn't feel too tired.

"Jon and his colleague Daniel Oliver have a great understanding of what we both need. They are experts in their field."

Which is why Jon and Daniel teamed up to officially open Field of Fitness a couple of weeks ago. It is not a regular gym.

"We offer a private personal training gym," says Jon. "It's all one-on-one work with clients where we can get to know them and what they need. We deal with people who want to lose weight and get toned up, but we also deal with reasonably fit people who want to get in top condition."

Both Jon and Daniel have a wealth of prior experience. They

first worked together at the Surrey University gym before going their separate ways for a while before spotting an opportunity to establish their own exclusive private gym.

They offer a wide range of programmes, including sports injury treatment, core stability and also make great use of 'golf biomechanics' that aids posture and balance.

Jon admits that Vincent and Flavia were a joy to work with. "They came with a good level of fitness, but there's so much to professional dancing of that calibre. Strength is so important, especially for Vincent when it comes to lifting his partner effortlessly.

"Flavia was already in great shape, but she is stronger now. That will reduce the risk of picking up little injuries."

Italian-born Vincent and Flavia started dancing together in their mid-teens. Their professional career started in 2001, winning the UK 10 Dance title four times and twice taking the UK Show Dance crown.

They were invited to take part in the Strictly Come Dancing series in 2005 and a year later Vincent reached the semi-finals with Louisa Lytton in 2006. Flavia went all the way to the final with Matt Di Angelo in 2007 before Vincent's successful partnership with Rachel last year.

Vincent says: "All of my family are dancers. My parents are professional teachers in both Ballroom and Latin, and my sister is currently studying at university, although dances herself,

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Right: Daniel Oliver and
Jon Field of Field of Fitness



essence info

Field of Fitness

16-19 Chapel Street, Guildford GU1 3UL

Telephone: 01483 567920

Email: jonfield@fieldoffitness.com

Website: www.fieldoffitness.com

For more information about Vincent

& Flavia's Dance Classes, go to

www.vincentandflavia.com

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teaching street dance, hip hop and aerobics in her spare time.

"I have taught dancing since the age of twelve, in Italy. From there, I moved to Guildford when I was 17 and was teaching both here and in Italy for a few years. I greatly enjoy the teaching, and I hope this comes across in lessons. I have a real passion for dance, and I believe that hard work can go a long way."

Flavia has also been teaching for many years and she says: "Aside from the competitions, the chance to be involved in shows and make new routines together is really refreshing.

"Competing in Strictly has been a life-changing experience. We've spent a lot of time updating our work – our music, costumes and routines. We have had to put in a lot of work in order to do it, but it's been worth it."

All the effort was on show again during the punishing 45-show Strictly Come Dancing Live Tour that began in Newcastle in mid-January and finished a month later in Birmingham.

The duo are now putting the finishing touches to the dance

classes they are planning to run at Guildford College, working towards a May and Summer Ball.

The classes will run on every Wednesday in April, May and June and will consist of three sessions.

The classes will cover waltz, quickstep, foxtrot, ballroom tango, rhumba, cha-cha-cha and samba.

In the meantime, Vincent and Flavia will continue to work with Jon and Daniel at Field of Fitness.

As Daniel says: "We welcome all types of people who would prefer to have our full-time attention, rather than going to a crowded gym. We carry out very detailed assessments of fitness levels and create a programme for that individual. We want it to be fun, but challenging at the same time.

"The gym is in a lovely central Guildford location and offers all the up-to-date gym equipment and excellent changing and showering facilities. While competing in Strictly Come Dancing changed Vincent and Flavia's lives, our clients can change their own lives by coming along here." ●