

September 2009

Press Release

BEYOND THE LIMITS OF FITNESS



Award winning health spa Ragdale Hall's class timetable is widely recognised as leading the industry in terms of breaking new ground in fitness training methods. Not simply on the cutting edge in offering the latest trends from around the globe, we've often been ahead of the curve by introducing brand new and exclusive options for our guests to try before they hit the mainstream market. Flexi-Bar is an example of a workout programme that was first introduced to the UK here at Ragdale Hall and can now be found at most health clubs across the country and is even Colleen Rooney's favourite shape-up tool. Yoqua, the unique hatha yoga based session in the pool, is another stand-out session that is gaining in popularity after it's showcase here.



Currently, Ragdale's unique XCO and Chaos! Classes are setting the pace and promise to burn more calories than traditional exercise whilst at the same time putting a smile on your face. Never one to stand still, our resident Fitness Expert, Dean Hodgkin (who was voted Best International Fitness Presenter in New York) promises to keep the classes fresh, so look out for new additions on your next visit. As Ragdale's Fitness Team plan to boldly go where no instructors have gone before, the future of fitness for our guests looks very exciting indeed.



For further information on Ragdale Hall's unique classes or to arrange a visit to try any of the classes please contact:

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**Ragdale's next fitness showcase week will be
from the 8th to 12th February 2010**