



**PRESS RELEASE**  
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## **CHAOS at Ragdale Hall!**

**Anarchy.....pandemonium.....disorder? No, it's the latest workout, guaranteed to bring you weight loss results.**

The fitness industry constantly preaches that our exercise should be functional, i.e. prepare us to better perform our daily tasks at both work and play. Since life itself can often be unpredictable, however, shouldn't our workouts also incorporate a degree of randomness if they are to ensure we are truly fit for purpose?

**CHAOS** is now a feature on the already eclectic activity timetable at award winning spa Ragdale Hall, the place that gave birth to yoga in water YOQUA and the unique MIND GYM with it's myriad of exercises, games and puzzles to improve one's grey matter. The workout consists of mixing traditional exercises with adapted children's games, brain teasers and team challenges, employing a wide range of props, including some you wouldn't normally expect to see in an exercise studio setting. From musical statues to dodgeball, crawling to karaokerobics you just don't know what's coming next.

"This is not simply a gimmick, as the format of the session allows for a high volume of work and the principle of muscle confusion is proven to bring physiological benefits. Participants, therefore, can expect to burn a lot of calories and achieve toning benefits whilst having loads of fun along the way", comments the man behind the workout, Dean Hodgkin, Ragdale Hall's Health & Fitness Consultant and voted Best International Fitness Presenter at the glittering One Body One World awards ceremony in New York.

So, a workout that promises to help you shape up, avoid the boredom factor and unleash the power of your mind..... sounds like **CHAOS** is the ultimate value-added exercise.

To sample this amazing new workout contact:

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