

Press release
MARCH 2011



Ragdale Hall -The venue for luxury fitness breaks

There was a time when multi award winning spa, Ragdale Hall was renowned for its dazzling array of treatments and exceptional customer service, but now it is building its reputation on staging top quality fitness breaks too. As well as the regular timetable which boasts over eighteen classes per day in two separate studios, a dedicated Exercise Pool and the grounds, guests on these breaks enjoy more specialist private sessions too.

DAILY TELEGRAPH JANUARY 2010

"So many classes under one roof gives novices an easy way to try something new"

SUNDAY TIMES TRAVEL MAGAZINE NOVEMBER 2010

"Aerobic queens will love Ragdale Hall....it offers 18 complimentary classes per day"

Many events are the brainchild of Ragdale's Fitness Expert Dean Hodgkin who advocates putting the fun factor into keeping fit "if you enjoy an activity you are much more likely to stick to it and see the results you desire"

In 2011 Dean is hosting:

[STRICTLY COME DANCERCISE BREAKS](#)

You've watched the series, now try the moves.....and shape up at the same time! Mambo, jive and belly dance through a jam packed timetable of themed classes

"The whole experience was fantastic"

"Excellent break"

[BEAUT CAMP BREAKS](#)

A luxury boot camp with some indulgent pampering too.

"Great for bringing people together"

"Obvious that a good deal of thought and planning has gone into it"

In addition, Ragdale has pleasure in welcoming top diet and fitness celebrities to host events:

[JOANNA HALL SPA WALKING BREAKS](#)

Spend two nights with celebrity diet and movement specialist Joanna Hall, learning the correct techniques to get the most out of walking.

"The Joanna Hall walking experience was excellent and made this one of the best visits to Ragdale Hall I've experienced (and this is my seventh visit, I think)"



[ROSEMARY CONLEY AT RAGDALE](#)

Spend five days (and four nights) relaxing and exercising under the motivating guidance of Rosemary Conley who leads workouts and gives you the benefit of her vast knowledge at three inspirational talks.



"I enjoy staying at Ragdale so much that I am booked in for the 4th year running on Rosemary Conley week. Your staff are excellent, nothing is too much trouble – keep up the excellent work"

For further information please contact:

VICKI TAYLOR

Marketing Manager

marketing@ragdalehall.co.uk