



Cardiovascular

XCO/XCO Walk

A powerful upper body cardiovascular workout using handheld silicone filled devices

Super Circuit/Boot Camp

A combination of cardiovascular and toning exercises in an indoor/outdoor environment

Drums Alive

A rhythmic aerobic workout using fitness balls and drumsticks!

Cardio Combat

A combination of cardiovascular exercises with basic upper and lower body combat movements

Weightloss Walkout

Three walking techniques to improve your level of fitness when out walking

Double Decker

A half cardiovascular workout, half toning workout, the best of both!

Studio Cycling

Using stationary bikes, an intense motivational class with sprints, hill climbs and endurance work

Circuits

Combining cardiovascular and toning exercises in a circuit format

Step

A traditional step class based around choreography or power blasts

Beginners/Advanced Aerobic Fat Burner

A traditional aerobics class, putting together a routine with aerobics moves

Country Walk

A 45 minute circular route through Ragdale village and back to the Hall

Toning

Hula Hooping

Learn how to hula hoop and get an abdominal workout at the same time

Fitness Ball

Tone and condition the whole body whilst developing core stability using the fitness ball

Body Tone

Sculpt and shape the upper body using resistance bands

Ragdale Express

A short but intense upper and lower body workout

Bodymax

A weight training class using dumbbells to work the upper and lower body helping to reduce the risk of osteoporosis

Core Conditioning

Using the coreboards, flexibars and gliders to get an intense core and whole body workout

Flat Stomach

A pure abdominal workout to shape, tone and strengthen the muscles

Total Balls Up

A mixture of exercises and games using balls to tone and condition

Fitness Yoga

Adapting traditional yoga poses to achieve a total body conditioning and cardiovascular workout

Gliding

An intense upper and lower body workout that uses discs which slide along the floor

Yoga Body

Incorporating dumbbells and resistance bands into traditional yoga poses

Legs, Bums & Tums

A complete conditioning class based around the legs, the bottom and the tummy

Water Classes

Cardio Splash

An aerobic workout in the water, fun and easy on the joints

Aqua Attack

A powerful aerobic combat workout in the water

Aqua Dance

A fun filled aerobic dance routine in the water

Aqua Mitts

An aerobic and toning workout in the water using mitts to increase the drag and resistance

Aqua Tone

An upper body and lower body toning class in the water using the woggles

Pilates H²O

Gain the benefits of postural awareness, core stability and core strength within the water.

Yoqua

Explore the benefits of yoga in the water

Dance Classes – Aerobic and good fun classes!

Street Dance

A funky hip hop type of dance

Pom Pom Workout

Shake your pom poms with a cheerleader workout

Zumba®

Following in the latest craze and experience an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party™

Rock and Roll

Get your feet moving to this fast fun-filled routine

Disco Groove

Bringing you back to the world of the '70s

Magical Musicals

A routine to a hit musical

Hot Salsa Fitness

Basic salsa moves put into a routine

Mind & Body

Back Care Workshop

Designed to give you tips and techniques to help reduce back pain and get a healthier spine

Introduction to Meditation

You will be guided through basic techniques to relax the body through the mind

Aromaball

A relaxation class based around a scented ball incorporating stretches and mobility exercises

Pilates on the Ball

Pilates movements and exercises using the fitness balls

Candlelight/Sunset Stretch

An all over body mobility and stretch class, a great end to a busy day

Tai Chi Fusion

A fusion of martial arts movements to give balance to the body and calm the mind

Tai Chi Sword

Wooden swords used to promote health through tai chi movements

Hatha Yoga

Traditional Hatha Yoga class to improve strength and flexibility and find inner peace and harmony

Posture Analysis

A brief introduction to Pilates and how one can get into and hold correct posture

Chinese Wand

A form of martial arts that uses a cane to improve balance and posture and get the blood circulating around the body whilst improving the breathing

Pilates Intermediate/Advanced

Traditional pilates goes back to basics working on posture, stability and improving core strength

Relax & Unwind

Completely switch off in this class with techniques to relax the mind and body

Wake Up & Stretch

An early morning class to help gently wake up the body and stretch off any tension in the muscles

One To One Sessions

Fitness Assessment

Analysing the key elements of fitness and body composition, this will help you learn more about your body and identify weak areas that can be remedied through exercise

Premier Fitness Assessment

Measuring the 5 elements of health related fitness, this more detailed approach allows you to ensure your exercise regime fits your body's needs

Exercise Programme

Have a workout designed to fit your lifestyle, either in the gym or a programme you can follow in your own home!

Personal Training

A one to one session with one of our highly qualified instructors, tailored to your own requirements. Whether it be to lose weight, help tone up, improve posture or generally to get a good workout, let our instructors put you through your paces in this hour long session.

Pilates Personal Training

Have a one to one pilates based session with one of our instructors and perform slow and controlled movements to re educate you in how to gain a perfect posture and help you to strengthen and stabilise your hips, shoulders and core

Lifestyle Analysis and Exercise Advice

Take a big step to a healthier way of living and find out how to make changes that will enhance your enjoyment of life

**For more information regarding the classes
please see a member of the fitness team or call extension 318.**