

PRESS RELEASE

December 2010



Sunday Times Travel Magazine Readers' Award 2010

Favourite UK Spa

Conde Nast Traveller Readers' Spa Awards 2010

Favourite UK Spa Retreat

Good Spa Awards 2010 winner

Customer Service without batting an eyelid

Zest Spa Awards 2010

Best for Weight Loss

Healthy Readers' Choice Awards 2010

Best Spa

Strictly Come Dancercise Break

Thursday 17th - Sunday 20th February 2011

You've watched the series, now try the moves.....and shape up at the same time!

Join us for a unique break, with dance as its theme, in the luxury surroundings of award winning spa Ragdale Hall.

Each year around 15 million of us in this country make health and fitness related New Year resolutions. Unfortunately, however, many of the traditional fitness offerings in health clubs and leisure centres lack the sparkle to maintain our interest for long enough for us to see results. Fear not, on the back of the national dance fever created by the BBC's incredibly successful series, we have designed a unique event that gives you the chance to try out a wide range of dance classes whilst also enjoying the pampering pleasure that is the Ragdale Hall experience. Learn some fun new moves, lose a few pounds and be pampered to within an inch of your life.....why would you not join our Chorus Line!

This exciting three night all inclusive package is the brainchild of our Fitness Expert, Dean Hodgkin, who has worked with both Reebok and Nike in the past to create dance fitness programmes (City Jam and Rock Star) and sees great value in dance as a vehicle for toning up. Comments Dean, 'Not only will dancing burn calories, increase your flexibility and improve the efficiency of your heart and lungs, it's a great way to push the fun factor sky high and so relieve the boredom of pure fitness-for-fitness-sake pursuits. Importantly, then, if you enjoy an activity you are much more likely to stick at it and see the results you desire, so this could be your best route yet to the body you know you deserve.'



Our activity timetable already includes a number of very popular dance workouts, such as BRAVO BROADWAY, HOT SALSA FIT, DISCO GROOVE and POM POM but this is your chance to be amongst a small select group to try your hand at BALLROOM BLITZ - using steps from all the dances featured on Strictly, FAME - inspired by the award winning film, TV series and West End show, THRILLER - featuring moves from the groundbreaking Michael Jackson video and CHAIR DANCE - the sassy workout that would make even a burlesque dancer blush!

The event will also see the launch of ZUMBA, the dance party workout that is currently taking the whole world by storm.

Your exclusive package will also include mini-workshops in PILATES - originally created to help dancers to stay in shape, BALLET STRETCH - giving you the knowledge to help you to develop a supple body, LET THE MUSIC PLAY - highlighting how music affects your mood and your body with tips to help you to get the most benefit for both and READ MY HIPS - a lyrical choreography session that will allow you to stimulate and explore your own creativity. There will even be a chance to have a go at Tap and Belly Dancing, although we suspect your facial muscles may be the most taxed in this last option, as it tends to be a laugh-a-minute experience.



There will also be plenty of time for relaxation and pampering, Ragdale style! Take time to enjoy Ragdale Hall's unique Thermal Spa, pools, relaxation areas and other classes and activities. Strictly Come Dancercise guests will join a small select group lead by Dean Hodgkin, Chris Chambers, (Fitness Manager) and our team of experienced instructors.

Remember, you don't have to be a dancer to join us on this first-of-a-kind event, it's all about simply having a go at something new and putting the fun back into fitness. [Dancing your way](#) to a new, slimmer you will not only put a little sweat on your brow but will also certainly put a big smile on your face.

For further details please contact:

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