

PRESS RELEASE

September 2011



Sunday Times Travel Magazine Readers' Awards 2010

Zest's Best Spa 2011

Best for Great Value

Mumsnet Best Spa in the UK

Great for a girls day out

Conde Nast Traveller Readers' Spa Awards 2011

Runner Up Favourite UK Spa Retreat

Good Spa Guide

Five Bubbles

Natural Health Spa Awards 2011

Best for Weight Loss

Favourite UK Spa

Strictly Come Dancercise Break

Thursday 24th - Sunday 27th November 2011

It's back on the TV and we are all getting dance fever again, so why not try the moves yourself and shape up at the same time!

On the back of the national 'Strictly' 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!

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 Chris Chambers, (Fitness Manager) and our team of experienced instructors.

Remember, you don't have to be a dancer to join us on this 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.

Reviews from a Strictly Break earlier this year:

"The whole experience was fantastic"

"Excellent break"

"Bonds really built up between the group over the four days.....I thoroughly enjoyed shaking my hips and shimmying to the music (in the Belly Dancing class) wearing one of the special belts with coins all over it. No matter what level of dancing ability you have, you don't feel out of place at any of the classes. We headed home re-energised and amazed at just how much exercise we'd managed to squeeze in as well as enjoying some great girlie time."

For further details please contact:

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