

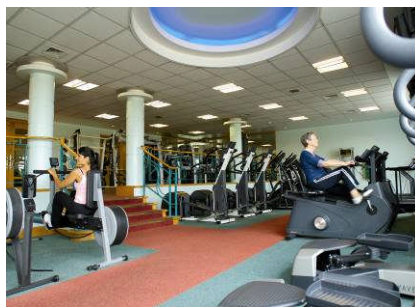
Fitness Services

Our wide range of impressive facilities and comprehensive class timetable ensure we have something for everyone, whatever your tastes and current fitness level. From the gentle mind-body formats through to the pulsating dance sessions, you're sure to find a theme you'll enjoy at an intensity you can manage.

With the inviting atmosphere of our extensively equipped gymnasium, the cutting edge design of our mood - enhancing studios and well qualified Instructors who are trained to enlighten, educate and motivate, we guarantee to put the fun back into fitness. Whether looking for a kick-start or some unique advice to take the boredom out of your current regime, feel free to talk to the Instructors in the gymnasium, and they will steer you closer to your goals.

If you're looking to run a half marathon, shed some excess baggage before your holiday or simply feel re-energised, we'll ensure you leave with sweat on your brow and a smile on your face.

Gymnasium



The gymnasium is open for guests to workout individually from 7.30 a.m. – 9.30 p.m. and is supervised by qualified staff between 9.00 a.m. and 8.00 p.m. Monday to Thursday and 9.00 a.m. to 7.00 p.m. Friday, Saturday and Sunday. This allows guests who are familiar with gymnasium equipment to exercise as appropriate within safe parameters. If you are new to this environment you should come along to try the equipment with the guidance of a qualified Instructor.

One to One Consultations

For those guests who have specific goals and seek individual exercise advice, our Instructors also offer the following one-to-one consultations. Personal training is no longer the preserve of A-list celebrities but can be yours, helping you to achieve Hollywood results.

Fitness Assessment

Analysing the key areas of cardiorespiratory fitness and body composition, enabling you to learn more about your body, particularly weak areas which can be remedied through exercise. By setting benchmarks and then quantified targets, it's easier to monitor your progress.

Premier Fitness Assessment

Measuring status in 5 key components of health related fitness, this is a comprehensive approach allowing you to ensure your exercise regime fits your body's needs. This is a blue chip approach to understanding your body and how exercise affects it, positively.

Exercise Programming

Designing a workout to fit your lifestyle, in the gymnasium, your home or even your office! No more excuses, this is your blueprint for a fitter, healthier, new you.

Personal Training

A personal session of exercise to assist you in achieving your goal, whether it be to lose, increase mobility, back care or generally to get fitter. Two heads are better than one, so get ready for accelerated results with an Instructor dedicated to helping you on your fitness journey.

Lifestyle Analysis and Exercise Advice

Take one big step to a healthier way of living to find out how to make changes that will enhance your enjoyment of life. Advice can be given on how to reduce stress levels, joint problems, increasing energy levels and promoting better sleeping patterns.



Exercise Classes

Not one, but two studios, purpose built to accommodate the widest spectrum of exciting, fun sessions.

Fitness Yoga

Adapting traditional yoga postures to achieve total body conditioning and improved posture in a dynamic, modern format.

Wake Up and Stretch/Stretch to Relax/Candlelight Stretch

Soothing music provides a wonderful ambience for a complete stretching experience, guaranteed to help reduce tension in the muscles and remove stress from your body. During the autumn and winter months, candles provide subtle lighting to complement the relaxing music.



Bodymax

Concentrate your mind on muscle and find out how to make the most out of safe weight training in a class environment. Not only the quickest way to change the shape of your body but also the most effective way to reduce the risk of osteoporosis.

Core Conditioning

Emphasising quality of movement, learn how to engage the stabilising muscles that strengthen and protect the spine, using the unique Reebok CORE BOARD and FLEXI-BAR! Exercises incorporate arms and legs providing toning benefits for the whole body.

Tai Chi Fusion

East meets West in this harmonious fusion of martial arts movements with carefully selected contemporary music to give balance to the body and bring calm to the mind.

Tai Chi Sword

Unique to Ragdale Hall, a gentle, fluid class using wooden swords in a non-threatening, health-promoting format.

Relax and Unwind

Experience gentle mindful movement with pure relaxation that will influence body and mind.

Street Dance

Who said Hip Hop is only for the MTV generation! By slowing down the beats and simplifying the moves anyone can enjoy this 'no rules' class. Remember if it feels right then it is right.

Disco Groove

Disco is back! By popular demand, a fantastic funky routine to music from the 70's – not to be missed! You are guaranteed the best fun – if you have two left feet, don't worry "blame it on the boogie"!



Hot Salsa Fitness

Dance is a great way to exercise. Latino moves to the rhythm of the music will help you to spice up your fitness regime. You'll be the life and soul of every party with your new found dancing skills.

Pom Pom Workout

Give me an R.....Give me an A..... Give me a G.....Give me a D.....Give me an A.....Give me an L.....Give me an E..... You get the picture! This class will get those pom-pom's shaking and the body moving.

Drums Alive

A workout to the beat – literally! Using the fitness ball in a unique way, this could revolutionise the way you exercise by combining toning moves with rhythm. Don't worry if you think your timing's slightly off, as long as you like it loud, there is no better way to let off steam.

Jazzercise

Get out your 80's leg-warmers and fluorescent sweatbands, the kids from Fame are back in the studio. This isn't just for dancers but for anyone who wants to enjoy the freedom of self-expression that results from giving up your body to the music. Who wants to live forever?

Bravo Broadway

A routine direct from the west-end stage to our studio and into your hearts. A soupcon of salsa and a sprinkling of Sinatra, get ready for a show-stopping workout that will leave you calling for an encore.

5 Element Chi Kung

5 simple gentle exercises to re-balance the body. Based on the 5 elements theory of Chinese medicine and philosophy.

Hula Hooping

Don't be fooled into thinking this is a pastime purely for the kids in the playground, as recent research has shown this to be a highly effective route to improving fitness and enhancing mobility. We'll help you rediscover your childhood skills and have a lot of laughs along the way. Can you keep it up?

Line Dancing

New variations on an old theme as we re-ignite the excitement that saw this anyone-can-do dance style take over the world. There will even be a few high-stepping, breathtaking routines to make you quicker on the draw and help you shed the saddlebags.

Chinese Wand

A form of Chi Kung which involves co-ordinated breathing and movement. Working with a bamboo cane.

Backcare Workshop

An informal class/workshop designed to give you the knowledge to protect and strengthen your spine.

8 Strands of Brocade

By stimulating chi (energy) circulation, this system of exercise will release tension, improve flexibility, posture, breathing and overall health.

Introduction to Tai Chi

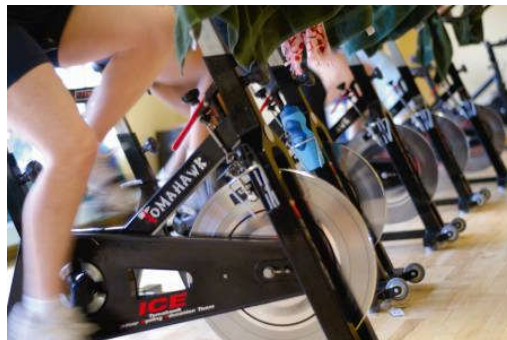
A relaxing and yet focused introduction to this gentle movement technique. Tai Chi is an integrated exercise system for mind, body and spirit.

Fitness Ball

A great form of exercise for the whole body, particularly good for your core stability, i.e. your postural muscles. This class uses a large ball to specifically target the abdominal and lower back areas.

Studio Cycling

Get ready for the ride of your life. A stationary cycle class to music led by our Instructors. This class will take you to the limits of aerobic exercise to help you gain maximum stamina through varied cycling techniques.



Introduction to Meditation

Simple and effective techniques for anyone to learn and benefit from.

Aromaball

A class for all the senses! The focus is on generating and feeling energy through movement. Class participants use a soft, spongy ball impregnated with aromatherapy oils to release tension and feel both relaxed and calm.

Pilates on the Ball

A safe and effective way to improve the tone and alignment of your body using slow, controlled movements performed on the floor. It is a great way to reduce injury as it balances the body through strength and flexibility, helping your body to function more effectively.

Body Tone

A sculpting class that will work those forgotten areas of the body, incorporating a mixture of wonderful tools, including body bands, flexi-bars and gliding discs.

Total Balls Up

Using Swiss balls, fitness balls, medicine balls, reaction balls and juggling balls this high-energy session promises total body transformation through brand new conditioning exercises, sports drills and even some playground games you may remember.

XCO/XCO Walk

A comfortable handheld device that works deep abdominal muscles, it also promises to burn more than 33% of additional calories when used in classes or in walking sessions.

Ragdale Express

A total body workout that targets all your trouble zones, but in a fraction of the usual time required. A revolutionary method of 'stacking' exercises will guarantee results.

Exercise Pool

The unique exercise pool is where you'll find all the water classes. There are four different classes to try –

Yoqua

A water based class that promises all the benefits of a land based yoga class i.e. increased strength and flexibility and a healthier spine. A sensory and pleasurable experience.

Aquatone

With the use of water equipment, this class is very effective but also great fun for all who love water.

Pilates H2O

All the benefits of this popular form of exercise taken into the water. Improve your posture and learn awareness of all the muscles involved.

Cardio Splash

Have fun exercising in the water to music, in this pool based aerobics class to challenge and so improve the cardiorespiratory system.

Aqua Attack

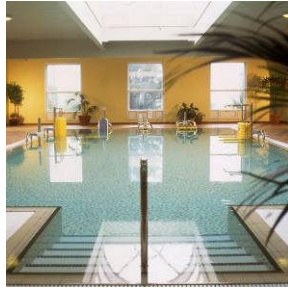
Taking basic combat moves into the pool for a wet warrior workout will really firm up the hips and thighs, as well as develop balance, flexibility and burn fat. A truly value-added session.

Aqua Dance

Now you can experience our most popular studio classes in the water, from Disco to Latin, you will have great fun and a great workout.

Aqua Circuit

With the use of water equipment, this class is very effective but also great fun for all who love water.



Outdoor Activities

Country Walk

This is a 45 minute stroll or a 1½ hour walk along National Trust footpaths from the Hall to local villages and back. It gives you the chance to take in some fresh air and see some of the beautiful Leicestershire countryside.

Weight-loss Walkout

Join the walking class and keep your body healthy and happy by simply walking your way to fitness and exercising the most important muscle we have – the heart.

Sports Activities

*If you fancy trying something new, perhaps something you've always wanted to try, individual and group tuition is available in **golf, archery, fencing, swimming and tennis (golf and archery between March and October)***

*In the summer months when the weather is good we arrange **cycling, boules, croquet, pitch 'n' putt and tennis** all of which are free for you to use at any time. Telephone the gymnasium on extension 318, or check the fitness notice board by the studios to find out what's on during your stay.*

*Arrangements can be made locally for guests wishing to participate in **golf, horse-riding and jet-skiing**. Please contact Reception on 388, for more details.*

Maps detailing country walks and cycle routes are also available from the gymnasium.