

FEBRUARY 2011



Fitness has had a KICKSTART at Ragdale Hall

Our annual New Year fitness event recently held drew record numbers this year with guests sampling new workouts, most of which are exclusive to the Hall. The many positive comments we've received strongly confirm that our aim to break the boredom of exercise and to put the fun back into fitness was more than adequately achieved.

Hot favourites were **YOGABODY**, bringing ancient hatha poses into the 21st century by adding dumbbells, bands and core boards plus a little sports science to accelerate toning results and **SAMURAI**, an intense format that marries traditional Japanese wooden sword techniques with high-tempo music to burn huge amounts of calories. As a result, both of these classes will be added to the regular timetable at the next update, so look out for them and give them a try on your future visits.

ABSOLUTELY FLABULESS allowed us to successfully test a new approach to helping you to reclaim your waist but, rather than a sea-change, we will filter these advanced techniques into our current Flat Stomach class, so you can now expect even better middle-management from this session. Similarly, the meditation in motion approach to spinning that we introduced in **CYCOLOGY** will find it's way into our regular indoor cycling classes to bring you a much more effective and enjoyable experience. **ON THE ROPES** proved to be a skip too far for a lot of participants, as the skill demands for this class are somewhat high, but we will be able to adapt some of the methods used, within our Super Circuit and one-to-one sessions. Our Fitness Team wish to thank everyone who took part, especially those of you who were kind enough to provide feedback and they look forward to getting sweaty with you again in the very near future!



Please see links to further Fitness Breaks coming up at Ragdale Hall:

[Beaut Camps Breaks](#)
[Joanna Hall Walking Spa Breaks](#)
[Rosemary Conley at Ragdale Hall](#)

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