

# HEART STUDIO

18<sup>th</sup>-24<sup>th</sup> November

TIME	MON	TUES	WEDS	THURS	FRI	SAT	SUN
7.45	Introduction to Tai Chi 25 mins		Wake up & Stretch 40 mins		Binaural Beats Relaxation 30 mins		Wake up & Stretch 40 mins
8:45	Apex Spin Endurance 45 mins	Step Intermediate 45 mins	Apex Spin 45 mins	Step Intermediate 45 mins	Apex Spin 45 mins	Metabolic Conditioning 30 mins	Step Intermediate 45 mins
9.45	Apex Spin 45 mins	Apex Spin 45 mins	Strong Yoga 45 mins	Apex Spin 45 mins	Pilates Beginners 50 mins	Apex Spin 45 mins	Apex Spin 45 mins
10.45	Core Board 45 mins		Core Board 45 mins	Drums Alive 40 mins	Ballet Fit 45 mins	Core Board 45 mins	
11.45	Drums Alive 40 mins	Fitness Ball 45 mins	Abzone 40 mins			Legs Tums & Bums 45 mins	
14.00	Pilates Intermediate 50 mins						
15.45							Introduction to Tai Chi 25 mins
16.45	Ballet Fit 45 mins	Abzone 40 mins	Step Intermediate 45 mins	Apex Advanced Spin 45 mins	Abzone 40 mins		
17:45	Apex Spin 45 mins		Apex Spin 45 mins	Core Board 45 mins			

To avoid disappointment, we strongly advise you book classes in advance (after completing your health questionnaire) either online, in the gym on ext 318 or via [fitness@ragdalehall.co.uk](mailto:fitness@ragdalehall.co.uk)

Please be aware all Silent classes use headphones. Some classes will also feature flashing lights.  
Please arrive 5 minutes prior to the start time as you will NOT be allowed entry once the class has begun.

Mindful
  Cardio
  Strength
  Dance



# SOUL STUDIO

18<sup>th</sup>-24<sup>th</sup> November

TIME	MON	TUES	WEDS	THURS	FRI	SAT	SUN
9.00	Pilates Ball 50 mins	Legs Tums & Bums 45 mins	Pilates 50 mins	Legs Tums & Bums 45 mins	Lift 45 mins	Strength Training for Menopause 45 mins	Pilates Intermediate 50 mins
10.00	Aerobic & Tone Beginners 50 mins	Pilates 50 mins	Strength Training for Menopause 45 mins	Pilates 50 mins	Aerobic & Tone 50 mins	Aerobic Fat Burner 45 mins	Dance Mix 45 mins
11.00	Dance Mix 45 mins	Zumba 45 mins	Aerobic Fat Burner 45 mins	Lift 45 mins	Strong Yoga 45 mins	Pilates Beginners 50 mins	Lift 45 mins
12.00	Lift 45 mins	Pilates Intermediate 50 mins	Yoga 75 mins	Hatha Yoga 75 mins		Pilates Ball Intermediate 50 mins	Strong Yoga 45 mins
14.00		Candlelight Yoga 90 mins		Intermediate Pilates 50 mins	Pilates 50 mins	Yin Yoga 90 mins	Pilates 50 mins
16.00	Candlelight Stretch 40 mins	Binaural Beats Relaxation 30 mins	Candlelight Stretch 40 mins	Candlelight Stretch 40 mins	Silent Candlelight Stretch 40 mins	Binaural Beats Relaxation 30 mins	Candlelight Stretch 40 mins
17.00	Lift 45 mins	Silent Candlelight Stretch 40 mins	Legs Tums and Bums 45 mins	Silent Candlelight Stretch 40 mins		Dance Karaoke 30 mins	Binaural Beats Relaxation 30 mins
18.00	Silent Candlelight Stretch 40 mins	Lift 45 mins	Silent Candlelight Stretch 40 mins	Lift 45 mins	Candlelight Stretch 40 mins	Candlelight Stretch 40 mins	Silent Candlelight Stretch 40 mins
19.00	Vinyasa Flow 60 mins	Pilates Advanced 45 mins	Circuits 40 mins	Abzone 40 mins			

Mindful
  Cardio
  Strength
  Dance



# EXERCISE POOL

18<sup>th</sup>-24<sup>th</sup> November

TIME	MON	TUES	WEDS	THURS	FRI	SAT	SUN
9:00	<i>HIIT the Water 25 mins</i>	<i>Cardio Waves 25 mins</i>	<i>HIIT the Water 25 mins</i>	<i>Aqua Dance 25 mins</i>	<i>Pilates H2O 25 mins</i>	<i>Cardio Waves 25 mins</i>	<i>Aqua Dance 25 mins</i>
10:00	<b><i>Cardio Waves* 25 mins</i></b>	<b><i>HIIT the Water* 25 mins</i></b>	<b><i>Cardio Waves* 25 mins</i></b>	<b><i>HIIT the Water* 25 mins</i></b>	<b><i>Cardio Waves* 25 mins</i></b>	<b><i>HIIT the Water* 25 mins</i></b>	<b><i>Cardio Waves* 25 mins</i></b>
10:45	<i>Aqua Dance 25 mins</i>	<i>Yoga H2O 25 mins</i>	<i>Pilates H2O 25 mins</i>	<i>Aqua Circuit 25 mins</i>	<i>Aqua Circuit 25 mins</i>	<i>Aqua Flex 25 mins</i>	<i>HIIT the Water 25 mins</i>
11:30	<i>Pilates H2O 25 mins</i>	<i>Aqua Circuit 25 mins</i>	<i>Aqua Dance 25 mins</i>	<i>Aqua Flex 25 mins</i>	<i>Aqua Flex 25 mins</i>	<i>Aqua Dance 25 mins</i>	<i>Pilates H2O 25 mins</i>
16:00	<i>Aqua Flex 25 mins</i>	<i>Pilates H2O 25 mins</i>	<i>Aqua Flex 25 mins</i>	<i>Yoga H2O 25 mins</i>	<i>HIIT the Water 25 mins</i>	<i>Yoga H2O 25 mins</i>	<i>Aqua Circuit 25 mins</i>

**\*This class will take place in the Main Pool**



## GYM AND OUTDOOR SESSIONS

TUES	FRI	SAT	SUN
<i>Nordic Walk 40 mins 14.00</i>	<i>Country Stroll 40 mins 14.00</i>	<i>Gym Blast 45 mins 16.45</i>	<i>Nordic Walk 40 mins 14.00</i>
			<i>Gym Blast 45 mins 16.45</i>

Please note all outdoor sessions are weather dependant. Please meet your instructor in the Welcome Area outside the gym and ensure you are wearing appropriate footwear.

To avoid disappointment, we strongly advise you book classes in advance (after completing your health questionnaire) either online, in the gym on Ext 318 or [via fitness@ragdalehall.co.uk](mailto:fitness@ragdalehall.co.uk). Some classes will also feature flashing lights.

Please arrive 5 minutes prior to the start time as you will NOT be allowed entry once the class has begun.



# HOLISTIC ACTIVITES

18<sup>th</sup>-24<sup>th</sup> November

MON	WEDS	THURS	FRI
<i>Pilates Reformer Taster Session</i> 14.00 45 mins £10	<i>Voice Meditation Workshop</i> 13.45 45 mins £10	<i>Back On Track Talk</i> 15.45 45 mins	<i>Pilates Reformer Taster Session</i> 12.00 45 mins £10
<i>Sound Bathing</i> 14.00 45 mins £12	<i>Tai Chi Sword</i> 15.45 45 mins		<i>Tai Chi</i> 15.45 45 mins
<i>Tai Chi Fan</i> 15.45 45 mins			

**For all Holistic sessions, please meet in the Fitness Welcome Area.**

**Spaces are limited, please inform us if you book but then decide not to attend or you may still be liable for the fee.**

### **Pilates Reformer Taster**

An introduction to this popular equipment-based practice that improves strength, mobility, and posture through a range of dynamic but controlled movements.

### **Tai Chi / Tai Chi Sword/ Tai Chi Fan**

We offer both a traditional form of this gentle, health boosting practice and also 2 uniquely relaxing versions based on ancient combat weapon techniques, but transposed into graceful, fluid movement patterns.

Let our in-house master lead you into the realms of meditation in motion.

### **Sound Bathing**

Embedded within many ancient cultures, using bowls, gongs, percussion, chimes and even the human voice to create deep state of both physical and mental relaxation.

### **Voice Meditation Workshop**

A unique and transformative class that uses the power of vocalization to enhance mindfulness, healing, and self-expression. Through a combination of chanting, toning, and guided vocal exercises, you will explore the vibrational qualities of your voice helping to achieve a deep state of relaxation.

### **Back on Track Talk**

Join us in this practical back care class to learn more about posture, core strength and why they are essential in helping you to take proactive steps towards a healthier, stronger, and pain-free spine.