

# HEART STUDIO

30<sup>th</sup> September – 6<sup>th</sup> October

TIME	MON	TUES	WEDS	THURS	FRI	SAT	SUN
7:45			Wake up & Stretch 40 mins		Binaural Beats Relaxation 30 mins		Wake up & Stretch 40 mins
8:45	Apex Spin 45 mins	Step Intermediate 45 mins	Apex Spin 45 mins	Step Intermediate 45 mins	Apex Spin 45 mins	HIIT Intermediate 30 mins	Step Intermediate 45 mins
9:45	Apex Advanced 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	Apex Spin 45 mins	
11:45	Drums Alive 40 mins	Fitness Ball 45 mins	Abzone 40 mins			Legs Tums & Bums 45 mins	
15:45							Introduction to Tai Chi 25 mins
16:45	Apex Spin 45 mins	Abzone 40 mins	Fitness Ball 45 mins	Apex Advanced Spin 45 mins	Abzone 40 mins		HIIT Intermediate 30 mins
17:45		Strong Yoga 45 mins	Apex Spin Endurance 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

30<sup>th</sup> September – 6<sup>th</sup> October

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	Lift 45 mins	Pilates Intermediate 50 mins
10.00	Aerobic & Tone Beginners 50 mins	Pilates 50 mins	Lift 45 mins	Pilates 50 mins	Aerobic & Tone 50 mins	Aerobic Fat Burner 45 mins	Zumba 45 mins
11.00	Dance Mix 45 mins	Zumba 45 mins	Aerobic Fat Burner 45 mins	Lift 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	Strong Yoga 45 mins		Strong Yoga 45 mins
14:00	Pilates Intermediate 50 mins	Candlelight Yoga 90 mins			Pilates 50 mins	Yin Yoga 90 mins	Silent Pilates 50 mins
16:00	Candlelight Stretch 40 mins	Binaural Beats Relaxation 30 mins	Candlelight Stretch 40 mins	Candlelight Stretch 40 mins	Candlelight Stretch 40 mins		Candlelight Stretch 40 mins
17:00	Ballet Fit 45 mins	Silent Candlelight Stretch 40 mins	Strong Yoga 45 mins	Silent Candlelight Stretch 40 mins		Dance Karaoke 30 mins	Binaural Beats Relaxation 30 mins
18.00	Lift 45 mins	Lift 45 mins	Silent Candlelight Stretch 40 mins		Silent Candlelight Stretch 40 mins	Candlelight Stretch 40 mins	Silent Candlelight Stretch 40 mins
19.00	Vinyasa Flow 60 mins	Circuits 40 mins	Pilates Advanced 45 mins	Abzone 40 mins			

Mindful
  Cardio
  Strength
  Dance



# EXERCISE POOL

30<sup>th</sup> September – 6<sup>th</sup> October

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

\*These sessions will take place in the Main Pool.



## OUTDOOR SESSIONS

MON	TUES	THURS	FRI	SAT	SUN
<i>Introduction to Tai Chi</i> 25 mins 7.45	<i>Pickleball Taster Session</i> 45 mins 11.00	<i>Bootcamp</i> 45 mins 18.00	<i>Pickleball Taster Session</i> 45 mins 11.00	<i>HIIT Intermediate</i> 30 mins 16.45	<i>Country Stroll</i> 40 mins 14.00
	<i>Country Stroll</i> 40 mins 14.00		<i>Country Stroll</i> 40 mins 14.00		

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:via_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

30<sup>th</sup> September – 6<sup>th</sup> October

MON	WEDS	THURS	FRI
<i>Pilates Reformer Taster Session</i> 14.00 45 mins £10	<i>Meditation Workshop</i> 13.45 45 mins £10	<i>Pilates Reformer Taster Session</i> 11.45 45 mins £10	<i>Tai Chi</i> 15.45 45 mins
<i>Sound Bathing</i> 14.00 45 mins £12	<i>Tai Chi Sword</i> 15.45 45 mins		<i>Sound Bathing</i> 17.00 45 mins £12
<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.

**Meditation Workshop**

Turning your awareness internally and discovering your inner self can induce calm, reduce stress and even help you to find more meaning in life. This session provides practical guidelines to help you to master meditation with tips on how to make it part of your daily routine.