

HEART STUDIO

6th May – 12th May

TIME	MON	TUES	WEDS	THURS	FRI	SAT	SUN
7.45	Silent Introduction to Tai Chi 25 mins		Silent Wake up & Stretch 40 mins		Introduction to Tai Chi 25 mins		Wake up & Stretch 40 mins
8.45	Apex Spin 45 mins	Step Intermediate 45 mins	Yoga Reps 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	Apex Spin 45 mins	Apex Spin 45 mins	Pilates Beginners 50 mins	Apex Spin 45 mins	Apex Spin 45 mins
10.45	Core Board 45 mins	Yoga Reps 45 mins	Core Board 45 mins	Drums Alive 40 mins	Ballet Fit 45 mins	Apex Spin 45 mins	
11.45	Drums Alive 40 mins	Introduction To Tai Chi 25 mins	Abzone 40 mins	Core Board 45 mins		Legs Tums & Bums 45 mins	
15.45							Introduction to Tai Chi 25 mins
16.45	Ballet Fit 45 mins	Abzone 40 mins	Fitness Ball 45 mins	Yoga Reps 45 mins	Apex Advanced Spin 45 mins	HIIT Intermediate 30 mins	Legs Tums & Bums 45 mins
17.45	Apex Spin 45 mins	Yoga Reps 45 mins	Apex Spin 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

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



6th May – 12th May

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	Dance Mix 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	Silent Pilates Intermediate 50 mins	Dance Mix 45 mins	Hatha Yoga 75 mins		Pilates Ball Intermediate 50 mins	Fitness Flow 45 mins
14.00	Pilates Intermediate 50 mins	Candlelight Yoga 90 mins		Pilates Intermediate 50 mins	Pilates 50 mins	Yin Yoga 90 mins	Silent Pilates 50 mins
16.00	Candlelight Stretch 40 mins	Candlelight Stretch 40 mins	Candlelight Stretch 40 mins	Candlelight Stretch 40 mins	Candlelight Stretch 40 mins	Candlelight Stretch 40 mins	Candlelight Stretch 40 mins
17.00	HIIT Intermediate 30 mins	Silent Candlelight Stretch 40 mins	Fitness Flow 45 mins	Silent Candlelight Stretch 40 mins	Fitness Flow Beginners 45 mins	Dance Mix 45 mins	HIIT Intermediate 30 mins
18.00	Silent Candlelight Stretch 40 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	Yoga Flow Intermediate 1 Hour	Pilates Advanced 45 mins	Circuits 40 mins				

Mindful
 Cardio
 Strength
 Dance



EXERCISE POOL

6th May – 12th May

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

**** These sessions will be held in the Main Pool**



OUTDOOR SESSIONS

MON	TUES	WEDS	THURS	FRI	SAT	SUN
	Wellness Walk 40 mins 14.00			Wellness Walk 40 mins 14.00		BOOTCAMP 45 mins 10.45

Please note all outdoor sessions are weather dependant.

For the wellness walk we ask that you meet your instructor at the bell in front of the hall, Please wear appropriate footwear for all weathers.

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 be aware all Silent classes use headphones.

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



HOLISTIC ACTIVITES

6th May – 12th May

MON	WEDS	THURS	FRI	SUN
<i>Tai Chi Sword</i> 15.45 45 mins £10	<i>Discover Yoga</i> 14.00 50 mins £10	<i>Pilates Reformer Taster</i> 14.00 45 mins No Charge	<i>Yoga Dance</i> 11.00 45 Mins £10	<i>Foam Rolling</i> 12.30 45 mins £10
	<i>Tai Chi Fan</i> 15.45 45 mins £10	<i>Juggling Mind & Body</i> 14.00 30 mins No Charge	<i>Sound Bathing</i> 12.15 45 mins £12	
		<i>'In The Balance' Talk</i> 15.45 45 mins No Charge	<i>Tai Chi</i> 15.45 45 mins £10	

All these sessions will take place in the Heart or Soul Studio.

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

Discover Yoga

If you've always wanted to try yoga but been put off, for whatever reason, this slow and subtle practice is the perfect introduction to begin your journey at your pace, on your terms.

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.

Foam Rolling

Applying gentle pressure to targeted trigger points to reduce pain and increase your range of motion, keeping you on the move for life.

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.

In Conversation with Dean Hodgkin - In the Balance

Most of us seek balance in many areas of life but it's particularly important when it comes to your body. A third of people over 65 suffer falls, often leading to a reduced quality of life, but it's crucial not to think of balance as purely a later year's issue. Discover how balance affects you every day, how it impacts your health and how to improve it to keep you fully functional for life.

Yoga Dance

Combining mantric music of different tempos with fluid yoga poses and breathing techniques.

As you learn to surrender to gravity you'll discover this is a truly unique form of meditation in motion.

Juggling Mind & Body

In today's wellbeing arena we are often encouraged to pursue 'mind-body' exercise and clearly juggling satisfies all the criteria being a combination of mental and physical activity. Tapping into an innate and often forgotten quality known as physical intelligence, it can serve to relieve stress, promote balance, agility and co-ordination in addition to enhancing your creativity and problem-solving skills.