

# HEART STUDIO

11<sup>th</sup> September – 17<sup>th</sup> September

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	Drums Alive 40 mins	Lift 45 mins	Step Intermediate 45 mins	APEX Spin 45 mins	Lift 45 mins	Step Intermediate 45 mins
10:00	APEX Advanced Spin 45 mins	APEX Spin 45 mins	APEX Beginners Spin 45 mins	APEX Spin 45 mins	Lift Beginners 45 mins	APEX Spin 45 mins	APEX Spin 45 mins
11.15	Lift 45 mins	Step Intermediate 45 mins		Lift 45 mins	Ballet Fit 45 mins	Abzone 40 mins	Lift 45 mins
12.30	Ballet Fit 45 mins			Ballet Fit Beginners 45 mins		Pilates 50 mins	HIIT Intermediate 40 mins
14.00	Menopause Yoga 1 hour			Menopause Yoga 1 hour			
15.45							Introduction to Tai Chi 25 mins
16.45	Drums Alive 40 mins	Lift 45 mins	Fitness Ball 45 mins	Step Intermediate 45 mins	APEX Advanced Spin 45 mins	HIIT Intermediate 40 mins	Legs Tums & Bums 45 mins
17:45	Lift 45 mins	APEX Spin 45 mins	Lift 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 uses 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

11<sup>th</sup> September – 17<sup>th</sup> September

TIME	MON	TUES	WEDS	THURS	FRI	SAT	SUN
<b>8:45</b>	Pilates 50 mins	Legs Tums & Bums 45 mins	Pilates 50 mins	Legs Tums & Bums 45 mins	Pilates Beginners 50 mins	HIIT Intermediate 30 mins	Pilates Intermediate 50 mins
<b>9:45</b>	Aerobic & Tone Beginners 50 mins	Pilates 50 mins	Aerobic Fat Burner 45 mins	Pilates 50 mins	Aerobic & Tone 50 mins	Aerobic Fat Burner 45 mins	Zumba 45 mins
<b>10:45</b>	Salsa 45 mins	Charleston 45 mins	Magical Musicals 45 mins	Jive 45 mins	Bollywood 45 mins	Legs Tums & Bums 45 mins	Legs Tums & Bums 45 mins
<b>11:45</b>	Coreboard 45 mins			Yoga 75 mins	Yoga 75 mins		
<b>14:00</b>	Pilates Intermediate 50 mins	Candlelight Yoga 90 mins		Pilates Intermediate 50 mins	Pilates 50 mins	Yin Yoga 90 mins	Pilates 50 mins
<b>16:00</b>	CANDLE STRETCH 40 mins	CANDLE STRETCH 40 mins	CANDLE STRETCH 40 mins	CANDLE STRETCH 40 mins		CANDLE STRETCH 40 mins	CANDLE STRETCH 40 mins
<b>17:00</b>	SILENT CANDLE STRETCH 40 mins	SILENT CANDLE STRETCH 40 mins	SILENT CANDLE STRETCH 40 mins	SILENT CANDLE STRETCH 40 mins	Fitness Yoga Beginners 45 mins	Magical Musicals 45 mins	HIIT Intermediate 40 mins
<b>18.45</b>	Yoga Flow Intermediate 45 mins <b>18.30 – 19.15</b>	Circuits 40 mins	Pilates Advanced 45 mins	Abzone 40 mins	SILENT CANDLE STRETCH 40 mins <b>18.00-18.40</b>	CANDLE STRETCH 40 mins <b>18.00-18.40</b>	SILENT CANDLE STRETCH 40 mins <b>18.00-18.40</b>

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Mindful
  Cardio
  Strength
  Dance



# EXERCISE POOL

11<sup>th</sup> September – 17<sup>th</sup> September

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



## OUTDOOR SESSIONS

MON	TUES	WEDS	THURS	FRI	SAT	SUN
		Silent Fitness Yoga 45 mins <b>11.45</b>	HIIT Intermediate 40 mins <b>17.45</b>			Silent Fitness Yoga 45 mins <b>11.45</b>
		Abzone 40 mins <b>11.15</b>				

Please note all outdoor sessions are weather dependant, sessions will take place in the studios if required.

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# WELLNESS ACTIVITES

11<sup>th</sup> September – 17<sup>th</sup> September

MON	TUES	WEDS	THURS	FRI	SAT	SUN
<i>Tai chi Relax</i> <b>15.45</b> 50 mins		<i>Stretch Therapy</i> <b>12.30</b> 45 mins		<i>Muscle Release</i> <b>12.30</b> 45 mins		
<i>Sound Bathing</i> <b>19.30</b> 1 Hour		<i>Discover Yoga</i> <b>14.00</b> 50 mins		<i>Tai chi Relax</i> <b>15.45</b> 50 mins		

**All sessions are charged at only £10 per person and will be held in the Heart + Soul Studios.**

Bringing you the benefits of personal training but at a fraction of the cost, these are designed to enable you to extend your understanding of specific wellbeing practices under the close guidance of an experienced instructor. In a more personalized setting than our group classes, learn techniques to improve your health that you can take home with you.

### Discover Yoga

If you've always wanted to try yoga but been put off, for whatever reason, this slow and subtle class is the perfect introduction. Begin your unhurried journey to improved flexibility, strength, and mental health at your pace, on your terms.

### Stretch Therapy

This gentle session focuses on deep muscle stretching and relaxation techniques. With the help of a partner, you'll master techniques to reset, restore and refresh both your body and mind.

### Muscle Release

Over time, trauma, musculoskeletal conditions, repetitive stress, and poor posture can lead to tightness and dysfunction in soft tissues that can cause pain and limit mobility. Applying gentle pressure to targeted trigger points can reduce pain and increases your range of motion, keeping you on the move for life.

### Tai Chi to Relax

Immerse yourself in this non-competitive, self-paced system of gentle physical exercise. Tai Chi can be of great value in both preventing and treating a number of health conditions, hence it's not just referred to as meditation in motion, but also medication in motion.

### Sound Bathing

The concept of cleansing the mind and restoring the body through sound is embedded within many ancient cultures and uses singing bowls, gongs, percussion, chimes and even the human voice to create a meditative experience. Immersing you in specific sound waves leads you to a deep state of both physical and mental relaxation bringing benefits that include reduced stress, improved sleep, increased cognitive function and in some cases decreased symptoms of chronic pain.