

# HEART STUDIO

15<sup>th</sup> – 21<sup>st</sup> July

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 Spin Endurance 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		Abzone 40 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	Strong Yoga 45 mins	Advanced Apex Spin 45 mins		HIIT Intermediate 30 mins
17.45	Apex Spin 45 mins	Strong Yoga 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

15<sup>th</sup> – 21<sup>st</sup> July

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	Lift 45 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	Aerobic Fat Burner 45 mins	Lift 45 mins	Yoga 1 Hour	Pilates Beginners 50 mins	Pilates Intermediate 50 mins
12.00	Lift 45 mins		Dance Mix 45 mins			Pilates Ball Intermediate 50 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	Binaural Beats Relaxation 30 mins	Candlelight Stretch 40 mins
17.00	Lift 45 mins	Silent Candlelight Stretch 40 mins	Strong Yoga 45 mins	Silent Candlelight Stretch 40 mins	Abzone 45 mins	Dance Mix 45 mins	Binaural Beats Relaxation 30 mins
18.00	Silent Candlelight Stretch 40 mins		Silent Candlelight Stretch 40 mins	Lift 45 mins	Silent 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 45 mins			

Mindful
  Cardio
  Strength
  Dance



# EXERCISE POOL

15<sup>th</sup> – 21<sup>st</sup> July

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

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



# OUTDOOR SESSIONS

15<sup>th</sup> – 21<sup>st</sup> July

MON	TUES	THURS	FRI	SAT	SUN
<i>Introduction to Tai Chi</i> 25 mins 7.45	<i>Nordic Walk</i> 45 mins 14.00	<i>Pickleball</i> 30 mins 10.00	<i>Nordic Walk</i> 45 mins 11.00	<i>HIIT Intermediate</i> 30 mins 16.45	<i>Country Stroll*</i> 40 mins 14.00
	<i>Pickleball</i> 30 mins 17.00	<i>Ride</i> 45 mins 11.45			
	<i>Bootcamp</i> 45 mins 18.00	<i>Intermediate Pilates</i> 50 mins 14.00			

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

\* For the Country Stroll we ask that you meet your instructor at the bell in front of the hall.

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# HOLISTIC ACTIVITES

15<sup>th</sup> – 21<sup>st</sup> July

MON	TUES	WEDS	THURS	FRI
<i>Tai Chi</i> <b>15.45</b> 45 mins £10	<i>Walking For Health Talk</i> <b>15.45</b> 45 mins No Charge	<i>Tai Chi</i> <b>15.45</b> 45 mins £10	<i>Pilates Reformer Taster</i> <b>16.00</b> 45 mins No Charge	<i>Sound Bathing</i> <b>12.15</b> 45 mins £12
			<i>Sea Magik Breathe &amp; Let Go</i> <b>16.00</b> 40 mins £10	<i>Tai Chi</i> <b>15.45</b> 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.**

#### **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**

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.

#### **Sea Magik Breathe & Let Go**

A slow wellbeing focussed stretch class in collaboration with Sea Magik.

#### **Walking For Health Talk**

In this enlightening talk you'll discover how walking offers many health benefits to people of all ages and fitness levels, including reduced risk of certain diseases and even increased lifespan. Armed with some useful facts and technique tips, we're confident you'll leave feeling inspired to stop scrolling and start strolling!