

# HEART STUDIO



16<sup>th</sup>-22<sup>nd</sup> September

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	Core Board 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	Apex Advanced Spin 45 mins		Core Board 45 mins	Drums Alive 40 mins	Ballet Fit 45 mins	Apex Spin Endurance 45 mins	
11.45	Drums Alive 40 mins	Introduction to Tai Chi 25 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	Apex Advanced Spin 45 mins	Abzone 40 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

16<sup>th</sup>-22<sup>nd</sup> September

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	Dance Mix 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	Yoga 1 Hour	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	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		Dance Karaoke 30 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 40 mins			

Mindful
  Cardio
  Strength
  Dance



# EXERCISE POOL

16<sup>th</sup>-22<sup>nd</sup> September

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



# OUTDOOR SESSIONS

MON	TUES	THURS	FRI	SAT	SUN
Introduction to Tai Chi 25 mins 7.45	Country Stroll 40 mins 14.00	Intermediate Pilates 50 mins 14.00	Country Stroll 40 mins 14.00	HIIT Intermediate 30 mins 16.45	Country Stroll 40 mins 14.00
	Bootcamp 45 mins 18.00		Pickleball Taster Session 45 mins 12.00		

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.

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# HOLISTIC ACTIVITES

16<sup>th</sup>-22<sup>nd</sup> September

MON	TUES	WEDS	FRI	SUN
<i>Sound Bathing</i> 14.00 45 mins £12	<i>Pilates Reformer Taster Session</i> 10.45 45 mins £10	<i>Meditation Workshop</i> 13.45 45 mins £10	<i>Tai Chi</i> 15.45 45 mins	<i>Pilates Reformer Taster Session</i> 15.00 45 mins £10
<i>Tai Chi Fan</i> 15.45 45 mins		<i>Tai Chi Sword</i> 15.45 45 mins	<i>Sound Bathing</i> 17.00 45 mins £12	

**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 / 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.