

CARDIO

Drums Alive

A rhythmic aerobic workout using fitness balls and drumsticks!

APEX Cycle

A unique indoor cycle workout to transform your body and free your mind.

Aerobic Fat Burner and Aerobic & Tone

A traditional aerobics class, putting together a routine that will raise your heart rate and tone your body.

HIIT

High intensity interval training. The ultimate fat burning training session to embrace your strength and release feel-good endorphins.

- Intermediate Step
- A traditional step class based around choreography or power blasts.

- Wellness Walk
- A 45-minute walk, giving you the perfect opportunity to amble through the Leicestershire countryside.
- Bootcamp

- Mixing bodyweight and equipment exercises plus benefiting from the mood uplift of being outdoors. (Will be inside if weather too bad.)

Circuits

- Rotating through a variety of exercises to improve endurance and strength, you set the intensity, so this is ideal for all levels.

STRENGTH

Coreboard Conditioning

Using the coreboards that slightly tilt and move, you will achieve not only an intense core blast but also a whole-body workout.

Fitness Flow

Adapting traditional yoga poses to increase strength and flexibility.

Abzone

A total body approach to toning your core and so strengthening your spine.

YOGA REPS

A unique approach to tightening the whole body by creatively marrying yoga poses with weight training moves.

Ballet Fit

Ballet inspired moves to improve stability, while toning and sculpting the whole body.

LIFT

- Combining traditional weight training exercises with creative functional movements for lean and toned goals.

Fitness Ball

- An all over conditioning class performed on a large inflatable ball which aims to improve functional strength, flexibility, and balance.

Legs, Bums & Tums

- A complete conditioning class based around the legs, the bottom and the tummy. Taught in a traditional or interval style.

Boxfit

- Punch off the pounds in this non-combative session that torches calories and rids you of any pent-up stress.

DANCE

Jive

A lively, Jive inspired dance class. Focusing on footwork and getting your heart rate up.

Zumba®

Experience an exhilarating, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party™

Bollywood

Learn a vibrant combination of Bollywood movements, concentrating on hand and arm positions.

- Salsa Fit
- Get your hips moving as you experience a fun salsa routine, dancing solo rather than in pairs.

Magical Musicals

- A fun, light-hearted musical theatre routine, leaving you feeling like the star of the show.

Broadway

- Using props to bring the pizzazz of 42nd Street into our studio, creating a show-stopping routine that will leave you calling for an encore.

MINDFUL

CANDLE Stretch

An all over body mobility and stretch class, a great end to a busy day.

Hatha Yoga / Candlelight Yoga

Traditional Hatha Yoga class to improve strength and flexibility, alongside elements of meditation to find inner peace and harmony.

Tai Chi

A fusion of martial arts movements to give balance to the body and calm the mind.

Pilates

Traditional Pilates goes back to basics working on posture, stability and improving core strength.

Yoga Flow

A practice that combines physical yoga postures along with breathwork in a series of flowing sequences.

Yin Yoga

A Quiet internal practice of deep stretching, allowing us to find stillness and become more present, calm and accepting.

WATER

HIIT the Water

A fun, fat burning class incorporating the current hot trend of high intensity interval training.

Cardio Waves

Targeting your heart and lungs with land exercises creatively transferred into the pool for a super calorie burn.

Yoga H2O

Using a range of Yoga postures to produce a unique whole-body workout focusing on balance, flexibility and strength.

Aqua Dance

Combining moves from different dance genres to create fun routines to a selection of uplifting songs.

Pilates H2O

Focusing on improving your posture this class uses water woggles to test your core, strength and stability.

Aquaflex

Using water woggles, floats or dumbbells to tone your target areas both above and below the waterline.

Aqua Circuit

Experience underwater exercise equipment, designed to give you an intense workout, but without the impact stress associated with dry land.

ONE-TO-ONE SESSIONS

Fit Me and Stay Young

These programmes will help kick-start your fitness journey, giving you the knowledge you need to become a healthier, happier you.

Next Level Training

These programmes will elevate your training by giving you the knowledge and plan to help you become the strongest version of yourself.

Mindful Pilates

Choose from either Pilates reformer or Pilates mat work and we'll design a session specifically around your experience, posture and movement capability, helping you to manage pain, reduce stress and give you the supple strength to enjoy your body at work, rest and play.

Find out more about our Bespoke Fitness Programmes by visiting ragdalehall.co.uk or calling our Fitness Team on 01664 434411 ext. 318