

CARDIO

Drums Alive

A rhythmic aerobic workout using fitness balls and drumsticks.

APEX Cycle

A spin workout to transform your body and free your mind.

Aerobic Fat Burner and Aerobic and 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 and power blasts.

Wellness Walk

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

Bootcamp

Step outside and embrace a mixture of bodyweight and equipment exercises aim to strength and empower (Weather dependant, alternative location)

Circuits

A dynamic workout through a series of exercises in short bursts, for all abilities.

STRENGTH

Coreboard Conditioning

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

Fitness Flow

Adapting traditional yoga poses to increase strength and flexibility.

Abzone

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

YOGA REPS

Inspired by the ancient practices of yoga, this class helps to tone and tighten the body incorporating weight training.

Ballet Fit

Improve stability, while toning and sculpting the whole body using the disciplines of ballet.

LIFT

Combining traditional weight training exercises with creative functional movements for a lean and toned physique.

Fitness Ball

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

Legs, Bums and Tums

A combination of traditional exercises to target the lower body and enhance muscle endurance.

Boxfit

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

DANCE

Dance Mix

Blending a variety of dance styles into one big dance party playlist. From Broadway to Bollywood, Latin to hip-hop, club to contemporary, burning calories has never been so fun.

Zumba®

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

MINDFUL

Candlelight Stretch

A peaceful candlelit class to help gently stretch the body and find tranquillity.

Hatha Yoga and Candlelight Yoga

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

Intro to Tai Chi

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

Pilates

Working on posture, stability and improving core strength using traditional Pilates moves.

Yoga Flow

A practice that combines 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, calorie burning class incorporating 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 poses 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 434 411 ext. 318