

# HEART + SOUL

FITNESS AT RAGDALE HALL SPA

## 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 & 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.

### Countryside Stroll

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

### Bootcamp

Mixing bodyweight and equipment exercises plus benefitting 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

### Core Board Conditioning

Using the core boards 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.

### 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.

### Bums, Legs & 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

### Zumba®

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

### Ballet Fit

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

### 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.

## 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.

### Intro to Tai Chi

This taster session fuses martial arts and movements to give balance to the body and calm the mind.

### Pilates Ball

Introducing the small ball brings an extra challenge to stability training while also offering the benefit of added resistance and so guarantees toning results.

### 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.

### Binaural Beats Meditation

When you listen to binaural beats, your brain activity matches the calming frequency, helping your mind to reach a meditative state more easily and quickly.

## 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 Movement

Personalised yoga or Pilates to deepen your understanding and improve your practice, whatever your level.

Find out more about our Bespoke Fitness Programmes by visiting [ragdalehall.co.uk](http://ragdalehall.co.uk) or calling our Fitness Team on 01664 434411 ext. 318

In some sessions you will wear a headset to improve your experience by blocking out external noise, giving you better connection with the instructor and personal control of the volume.