

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.

Strong Yoga

A dynamic and effective workout that blends the flowing poses of yoga to create a unique and holistic approach to toning muscle and increasing flexibility

Boxfit

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

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.

Abzone

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

DANCE

Zumba®

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

Dance Karaoke

A unique singalong workout wearing headphones, comprising very simple dance steps and featuring classic songs you'll know and love. Your chance to belt out your favourite tunes in confidence.

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.

Ballet Fit

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

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.

Vinyasa 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 Pilates

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

Find out more about our Bespoke Fitness Programmes by visiting 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.