

# 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 / HIIT Wheels

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 whilst 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.

### GYM BLAST

High-energy session combining cardio and resistance training to give you a time-efficient route to improving stamina, strength and speed, at the same time burning loads of calories.

### Abzone

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

### 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.

### VIBE

Using a specially designed resistance tool that vibrates when moved, this low impact class targets your deep muscles to improve core stability.

## DANCE

### Glo Up Dance

Grab some glo sticks and get ready for a workout that feels like a night out. Chart-topping music, nightclub lights and easy-to-master routines create a party vibe that will shift both your body and soul. Blend the joy of dancing with the benefits of exercise, for a truly immersive and fun way to improve your health.

### Dance Party

A feel-good experience where movement meets music and fun. No experience necessary as the class blends simple, follow along dance moves with a variety of songs, making it perfect for all skill levels. It's all about self-expression, building confidence and having a blast in a positive, welcoming environment. Come ready to move, sweat, smile.....and dance like nobody's watching!

## MINDFUL

### Yin Yoga

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

### Mindful Fusion

A mix of stretching, core strengthening and gentle toning exercises combined with breathwork and relaxation techniques. The focus on awareness will help you stay present and grounded.

### 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.

### Pilates Ball and Hoop

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

### Hatha Yoga / Candlelight Yoga

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

### Roll Release Relax

Experience deep tension relief and enhanced mobility in this class that focuses on releasing tightness and discomfort in the body's connective tissues, using foam rollers and massage balls

### Restorative Relaxation

Unwind and recharge in this gentle session designed to help you to release tension and cultivate a sense of calm. Employing a mix of techniques to soothe both body and mind, ideal for anyone looking to recover, destress or simply find stillness in their day.

### Pilates

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

## 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.

### Pilates H2O

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

### Aqua Flex

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

### Aqua Dance

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

## NEW TO THE TIMETABLE

### THRESHOLD

A cycle class with a difference - it's just you against you! This high-intensity workout is designed to improve your maximum output by challenging your legs, lungs and love of riding. In addition to being a great workout, we'll show you how to calculate your functional threshold score, a metric you can use to track your fitness progress.

### PILATES REFORMER

Our reformer experience offers a personalised approach to enhancing strength, increasing mobility and improving body awareness. Using a range of gentle, flowing exercises each session blends support and challenge to sculpt your muscles, strengthen your posture and deepen your mind-body connection, one repetition at a time. With only 2 spaces available, you'll receive the personal attention you deserve.....and achieve the results you desire.

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.