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 / Rush
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.

Aerobic Fat Burner
A high-energy group workout that combines rhythmic exercise with music to improve cardiorespiratory fitness, coordination and endurance.

STRENGTH

Core Board
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.

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

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

Pilates Mat, Hoop and Ball
Choose from traditional mat-based basics working on posture, stability and improving core strength, or try one of the 2 equipment sessions for a greater challenge.

Restorative Relaxation
Unwind and recharge in this gentle session designed to help you to release tension and cultivate a sense of calm.

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

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 H20
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.

NEW TO THE TIMETABLE

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.