

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 Fat Burner and Aerobic & Tone

A traditional aerobics class, putting together a routine that will raise your heart rate and tone your body.

PULSE Circuits

Challenge yourself mentally and physically in this high intensity workout to embrace your strength and release feel-good endorphins.

Intermediate Step

A traditional step class based around choreography or power blasts.

Countryside Walk

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

STRENGTH

Coreboard Conditioning

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

Fitness Yoga

Adapting traditional yoga poses to increase strength and flexibility.

Legs, Bums & Tums

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

LIFT

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

DANCE

Jive

A lively, Jive inspired dance class. Focusing on footwork and getting your heart rate up.

Zumba®

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

Bollywood

Learn a vibrant combination of Bollywood movements, concentrating on hand and arm positions.

Salsa Fit

Get your hips moving as you experience a fun salsa routine, dancing solo rather than in pairs.

Magical Musicals

A fun, light-hearted musical theatre routine, leaving you feeling like the star of the show.

MINDFUL

Candlelight Stretch

An all over body mobility and stretch class, a great end to a busy day.

Hatha Yoga

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

Tai Chi

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

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.

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.

Aquaflex

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

Aquagym

Experience underwater exercise equipment, designed to give you an intense workout, but without the impact stress associated with dry land.

ONE-TO-ONE SESSIONS

Whether you're taking those tentative first steps, trying something new or if you're just in need of a little extra push to help you get started, Heart + Soul Fitness at Ragdale Hall Spa have created a range of Bespoke Fitness Programmes to help you reach your goals.

JUMP START

These programmes will help kick-start your fitness journey, giving you the knowledge you need to become a healthier, happier you.

NEXT LEVEL

These programmes will elevate your training by giving you the knowledge and plan to help you become the strongest version of yourself.

DISCOVER

These programmes are designed to progress you on your fitness journey by trying something new and learning a new exercise.

Find out more about our Bespoke Fitness Programmes by visiting ragdalehall.co.uk or calling our Fitness Team on 01664 434411 ext. 318

This information is correct at the time of printing, however it is subject to change. Please see the Fitness Department for the most up to date information.