

# Ragdale Hall - The venue for luxury fitness breaks

Submitted by: Ragdale Hall Spa

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Ragdale Hall is not only renowned for its dazzling array of treatments and exceptional customer service. After being voted amongst the top 10 spas in the world for fitness programmes, in the Spa Finder Readers Choice Awards back in October 2011, alongside a selection of the giants in the global spa industry, it is building a strong reputation on staging top quality fitness breaks too. As well as the regular timetable which boasts over eighteen classes per day in two separate studios, a dedicated Exercise Pool and the grounds, guests on these breaks enjoy more specialist private sessions too.

Here's what some of our Facebook 'liker's say about fitness at Ragdale Hall

"The motivation and support from the Fitness Team is second to none."

"Ragdale is a great place to kick start a new fitness regime as there is so much to choose from."

"Did step at Ragdale and it gave me the confidence to try it at my local gym, I am now a true stepper! I think the advice I'd give to people coming to Ragdale is that it is the perfect opportunity to try something you have never had the confidence to try before. The team are always really willing to talk you through anything new to you!"

Many events are the brainchild of Ragdale's Fitness Expert Dean Hodgkin who advocates putting the fun factor into keeping fit "if you enjoy an activity you are much more likely to stick to it and see the results you desire"

In 2012 Ragdale Hall's Fitness Team are offering:

## A STRICTLY COME DANCERCISE BREAK

([http://www.ragdalehall.co.uk/offer\\_detail.cfm/offer\\_ID/63/title/title=Strictly-Come-Dancercise-Break](http://www.ragdalehall.co.uk/offer_detail.cfm/offer_ID/63/title/title=Strictly-Come-Dancercise-Break))

You've watched the series, now try the moves.....and shape up at the same time! Mambo, jive and belly dance through a jam packed timetable of themed classes.

"The fitness team created some really good routines and definitely went the extra mile to make them as fun as possible – the Thriller class especially made me laugh harder than I have in ages."

"The dance classes were wonderful. The teachers went at a really good pace. Many of the routines included a lot of new moves but you felt as though you could do them all by the end of the session – and being able to perform the final piece was a great feeling!"

"ABSOLUTELY A-MA-ZING (in a Craig Revel Horwood kind of voice)!"

## BEAUT CAMP BREAKS

([http://www.ragdalehall.co.uk/offer\\_detail.cfm/offer\\_ID/55/title/title=Beaut-Camp-Break](http://www.ragdalehall.co.uk/offer_detail.cfm/offer_ID/55/title/title=Beaut-Camp-Break))

A luxury boot camp with some indulgent pampering too.

“It was EXCELLENT – really tested me and pushed me out of my comfort zone but in the most supported way”

“The hard work of the exercise was rewarded by some lovely treatments and the use of the Thermal Spa”

“I feel inspired to do more regular exercise and to eat more healthily”

“I returned home invigorated and well on way to becoming a new woman!”

#### YOGA RETREAT

([http://www.ragdalehall.co.uk/offer\\_detail.cfm/offer\\_ID/85/title/title=Yoga-Retreat-at-Ragdale-Hall-](http://www.ragdalehall.co.uk/offer_detail.cfm/offer_ID/85/title/title=Yoga-Retreat-at-Ragdale-Hall-))

The Retreat is lead by Kerry Clarke, a professional Yoga teacher with over fifteen years diverse international teaching experience and a regular Ragdale visitor herself. She is ably assisted by Ragdale’s own holistic therapist, Danny Allman, who has travelled extensively around the sub continent practising and perfecting his Yoga skills.

In addition, Ragdale has pleasure in welcoming top diet and fitness celebrities to host events:

#### JOANNA HALL SPA WALKING BREAKS

([http://www.ragdalehall.co.uk/offer\\_detail.cfm/offer\\_ID/79/title/title=Walk-Fit-and-Walk-Fitter-Spa-Break-with-Joanna-Hall](http://www.ragdalehall.co.uk/offer_detail.cfm/offer_ID/79/title/title=Walk-Fit-and-Walk-Fitter-Spa-Break-with-Joanna-Hall))

Spend two nights with celebrity diet and movement specialist Joanna Hall, learning the correct techniques to get the most out of walking.

“The Joanna Hall walking experience was excellent and made this one of the best visits to Ragdale Hall I’ve experienced (and this is my seventh visit, I think)”

#### ROSEMARY CONLEY AT RAGDALE

([http://www.ragdalehall.co.uk/offer\\_detail.cfm/offer\\_ID/74/title/title=Spend-a-week-with-Rosemary-Conley-at-Ragdale-Hall](http://www.ragdalehall.co.uk/offer_detail.cfm/offer_ID/74/title/title=Spend-a-week-with-Rosemary-Conley-at-Ragdale-Hall))

Spend five days (and four nights) relaxing and exercising under the motivating guidance of Rosemary Conley who leads workouts and gives you the benefit of her vast knowledge at three inspirational talks.

“I enjoy staying at Ragdale so much that I am booked in for the 4th year running on Rosemary Conley week. Your staff are excellent, nothing is too much trouble – keep up the excellent work”

For further information please contact:

VICKI TAYLOR

Marketing Manager

marketing@ragdalehall.co.uk

Ragdale Hall Health Hydro, Ragdale Village, Nr. Melton Mowbray, Leicestershire, LE14 3PB.  
Telephone: 01664 434831 Fax: 01664 434587 Website: [www.ragdalehall.co.uk](http://www.ragdalehall.co.uk)