

## Ragdale Hall - the venue for 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."

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"

Over the autumn period and in 2013 Ragdale Hall is offering:

PILATES RETREAT ([http://www.ragdalehall.co.uk/offer\\_detail.cfm/offer\\_ID/99/title/title=Pilates-Retreat](http://www.ragdalehall.co.uk/offer_detail.cfm/offer_ID/99/title/title=Pilates-Retreat)) - Thursday 27th to Saturday 29th September 2012

We welcome you to join a small select group for our first Pilates Retreat at Ragdale Hall. Whether you are a beginner or regularly practise Pilates, our experienced teacher, Cherry Baker, will guide you through a number of sessions to help you improve your technique and posture and learn more about the amazing health and wellbeing benefits of this type of exercise.

BEAUT CAMP BREAK ([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)) - Thursday 4th to Sunday 7th October 2012

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!"

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)) - Thursday 22nd to Sunday 25th November 2012

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)!"

#### JOANNA HALL SPA WALKING BREAK

([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)) - Sunday 3rd to Tuesday 5th February 2013

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)) - Monday 10th to Friday 14th June 2013

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"

#### 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-)) - Thursday 20th to Saturday 22nd June 2013

We welcome you to join a small select group for a Yoga Retreat at Ragdale Hall. Yoga is a physical, mental and spiritual discipline originating in ancient India. Whether you are a beginner or regularly practice yoga, our experienced teachers will guide you through a number of sessions to help you attain

physical as well as emotional and spiritual benefits from your visit.

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.

For further details or to organise a competition or reader offer please contact:

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