



## THERMAL SUITE FACILITIES

After a good workout take some time out to relax with Ramsides luxury facilities...

### Herbal Infusion Sauna

Slightly cooler than a traditional sauna, throughout the day experience three different herbal infusions which directly impact the sensory system to revitalise and invigorate the senses. Feel closer to nature with the view of the spa herb garden and clear your mind of stress & worry, perfect for lifting the spirits and time to reflect. To get the full benefit relax and inhale the therapeutic infusions 10-15 minutes and take in the view. Not recommended during pregnancy.

### Himalayan Salt Steam

A milder steamy environment infused with pure salt from the ancient Himalayan oceans, containing over 84 different mineral and trace elements and rich in iron & magnesium. The healing properties of the salt helps calm the breath and aids sleep, relieves respiratory conditions such as sinusitis, asthma and bronchitis.

Also very beneficial for skin conditions such as Psoriasis and Eczema. To get the full benefit relax and inhale the therapeutic steam for up to 10 minutes. Not recommended during pregnancy

### Caldarium

A nice place to start your thermal experience, enjoy the warmed seating area, perfect to relax with friends or enjoy a quiet bit of me-time. To get the full benefit switch off and relax for as long as you feel the need! Perfectly safe during pregnancy and great for those lower back pains!

### Sunken Sauna

A very dry heat with temperature reaching 90C to 100C, designed to increase circulation. Very beneficial for strengthening the immune system, cleansing & detoxifying. Perfect after a good workout to reduce muscle tension, also good to relieve joint pain. To get the full benefit relax and enjoy for up to 10 minutes. Not recommended during pregnancy.

### Aroma Sauna

High humidity steam which is enriched with essential oils. Designed to soften the skin, cleanse the pores, calm the nervous system and relieve stress. Also very beneficial for boosting the immune system and relieving muscular tension. Great for after a class or after a good gym session to relief any aches or pains. To get the full benefit relax and inhale the therapeutic steam for 10-15 minutes. Not recommended during pregnancy

### Mud Rasul Ritual

A natural mineral-mud treatment that infinitely brightens enriches and replenishes the body. This truly relaxing treatment promotes exceptional relief from muscular tension, aches and pains, bringing the mysterious healing and hydrating powers of the Dead Sea to your body and mind. Boost circulation, increase oxygen uptake to the skin, detoxify and leave your skin nourished and glowing.

## GYM ETIQUETTE

- 1 Use one of our complementary towels during your workout
- 2 Please use our sanitiser wipes provided to wipe down your equipment after use
- 3 Please keep fully hydrated when using the gym and classes by using the water fountains provided
- 4 Consider your other fellow gym users and put away your weights and equipment
- 5 Pre book your fitness classes to avoid being turned away
- 6 Please do not drop weights
- 7 Wear appropriate gym attire and sufficient footwear for your workouts
- 8 If unsure please see a member of the Fitness Team
- 9 Please respect the facility, other members and our members of staff
- 10 Refrain from plugging in any external music sources in to our music system
- 11 Strictly all under 16s must be supervised at all times



spa  
AT RAMSIDE



## CLASS TIMETABLE

# CLASS TIMETABLE

## Monday

|                           |         |
|---------------------------|---------|
| 6.30 Spin Express         | 30 mins |
| 9.30 Aqua                 | 45 mins |
| 9.30 Lesmills Bodypump    | 60 mins |
| 10.45 Mixed level Pilates | 60 mins |
| 18.00 Spin                | 30 mins |
| 18.30 Metafit             | 30 mins |
| 19.00 Raise The Barre     | 45 mins |
| 19.45 Power Pilates       | 60 mins |

## Tuesday

|                           |         |
|---------------------------|---------|
| 6.30 Metafit              | 30 mins |
| 9.30 Lesmills Bodycombat  | 60 mins |
| 9.30 Nordic Walking       | 60 mins |
| 10.30 Zumba               | 45 mins |
| 13.00 Mixed level Pilates | 60 mins |
| 14.15 MummyFit UK         | 45 mins |
| 17.15 Core Blast          | 30 mins |
| 17.45 Lesmills Bodycombat | 45 mins |
| 18.30 Lesmills Bodypump   | 60 mins |
| 19.45 Mixed Level Pilates | 60 mins |

## Wednesday

|                        |         |
|------------------------|---------|
| 6.30 Spin Express      | 30 mins |
| 9.30 Lesmills Bodypump | 60 mins |
| 10.30 PiYo             | 45 mins |
| 13.00 Iyengar Yoga     | 90 mins |
| 13.00 Aqua             | 45 mins |
| 17.30 Spin             | 45 mins |
| 18.15 Zumba            | 45 mins |
| 19.00 PiYo             | 45 mins |

## Thursday

|                          |         |
|--------------------------|---------|
| 6.30 Metafit             | 30 mins |
| 9.30 Lesmills Bodycombat | 60 mins |
| 10.45 Aerial Yoga        | 60 mins |
| 13.00 MummyFit UK        | 45 mins |
| 13.45 MummyFit UK        | 45 mins |
| 18.00 Metafit            | 30 mins |
| 18.30 Lesmills Bodypump  | 60 mins |
| 18.15 Nordic Walking     | 60 mins |
| 19.45 Vinyasa Yoga       | 75 mins |

## Friday

|                          |         |
|--------------------------|---------|
| 6.30 Spin Express        | 30 mins |
| 9.30 Spin                | 45 mins |
| 9.30 Aqua                | 45 mins |
| 10.30 Raise the Barre    | 45 mins |
| 11.30 Functional Pilates | 60 mins |
| 13.00 Hatha Yoga         | 90 mins |
| 17.30 Spin Express       | 30 mins |
| 18.15 Aerial Yoga        | 60 mins |



## Personal Training

Book sessions with a Personal Trainer to transform your body and get results faster! Email [fitness.manager@ramsidespa.co.uk](mailto:fitness.manager@ramsidespa.co.uk) to enquire about our body transformation packages all tailored to your goals & needs.



## Saturday

|                                  |         |
|----------------------------------|---------|
| 9.00 Beginners Nordic Walking    | 60 mins |
| 9.00 Intermediate Nordic Walking | 60 mins |
| 9.30 Metafit                     | 30 mins |
| 10.00 Spin Express               | 30 mins |
| 10.45 Aerial Yoga                | 60 mins |
| 12.00 Lesmills Bodypump          | 60 mins |
| 13.00 Lesmills Bodycombat        | 45 mins |

## Sunday

|                           |         |
|---------------------------|---------|
| 9.00 Spin and TRX/circuit | 60 min  |
| 10.00 Vinyasa Yoga        | 60 mins |
| 16.45 Functional Circuits | 45 mins |
| 17.30 Core Blast          | 30 mins |

# CLASS DESCRIPTIONS

## Core Blast

A fun and functional core workout aimed at toning and strengthening the abdominals and trunk.

## Aerial Yoga

A relaxing form of yoga combining traditional poses and stretches with the use of a low level silk hammock.

## Aqua

Uses the freedom of water to improve range of motion, flexibility and overall strength. Walking is used to improve cardiovascular endurance, core strength and balance. This class is suitable for all fitness levels.

## Lesmills Bodypump

Continuous tension training. The original weights & barbell session for anyone looking to get lean and feel more toned.

## Lesmills Bodycombat

Step into a bodycombat workout and you will punch and kick your way to fitness, burning up to 740 calories along the way. High energy non contact and there are no complex moves to master. You can adjust a bodycombat workout to suit all levels of fitness.

## Functional Pilates

Is a brilliant class as it teaches exercise as movements. One goal of functional training is to help people perform activities of daily living with ease and without pain. This class is suitable for all fitness levels.

## Functional Circuits

Blending together the best of both worlds, incorporating traditional circuit training with activities that you carry out every day. Involving functional movements: push, pull, rotate, squat and lunge.

## Hatha Yoga

The practicing of asanas (yoga postures) and Pranayama (yogic breathing exercises) helping to bring peace to the mind and body for deeper spiritual practices such as meditation.

## Iyengar Yoga

Bringing you a sense of spiritual well-being, improves posture, increases muscle tone and stimulates the function of the internal organs.

## Metafit

High intensity interval training at its best! Short bursts of body weight exercises to help burn fat and get quick results!

## Mixed Level Pilates

Aims to strengthen the body in an even way with particular emphasis on core strength to improve general fitness and wellbeing.

## Nordic Walking (outside)

Why not get some fresh air with our popular Nordic walking class. Walking poles provided as your instructor takes you on a journey of the grounds.

We offer a beginners Nordic Walking for the not as brisk walker and when you are ready you can move up to the intermediate session.

## Power Pilates

A great way to offer more challenge to those who have been practising Pilates for a while. Includes level exercises with the addition of higher level repertoire using equipment so that you can enjoy the full spectrum of movements and utilise them in many different ways.

## Pilates

A system of exercises designed to improve physical strength, flexibility, and posture.

## PiYo

PiYo is designed to build strength, improve flexibility and tone muscles – all in the same class! Using only your bodyweight, you'll perform a series of high intensity moves (all without putting unnecessary stress on your body) while working every muscle for a long, lean and incredibly defined physique.

Ask one of the fitness team about booking your



personalised Holistic Health Programme, complimentary to all spa members... Feel more energised, improve sleep, aid recovery, ease stress and learn the modern day application for health & wellbeing.

## Raise the Barre

Fuses traditional ballet barre with strength training, Pilates & Yoga.

## Spin Express / Spin

A high intensity class on the stationary spin bikes. You'll get an amazing workout with a great atmosphere.

## Spin & TRX/Circuit

TRX circuits incorporating traditional circuit training involving push, pull, rotate, squat and lunge exercises. A great class combining cardio and toning which provides you with a complete, full-body workout.

## Vinyasa Yoga

Vinyasa also called flow because of the smooth way that the poses run together, is one of the most popular contemporary styles of yoga.

## Zumba

is a fusion of latin and international music/dance themes that create a dynamic, exciting workout. FUN AND EASY TO DO. The routine features aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body.

We offer a wide range of exercise classes at a very high standard to suit everyone's needs for studio exercise. Our variety of classes cater to all abilities and fitness levels.

## CLASS INTENSITY



**Fun Loving** These classes are based on having a fun experience, making friends and socialising



**Resistance/Tone** Ideal if your goals are focused around creating a leaner physique



**Mind, Body & Soul** These classes will help relax, de-stress and unwind



**Fitness** For burning fat, cardiovascular health and all round fitness

To book a class telephone: 0191 375 3088 or email [enquiries@ramsidespa.co.uk](mailto:enquiries@ramsidespa.co.uk)  
Or book online at [www.ramsidespa.co.uk](http://www.ramsidespa.co.uk)