



fitness spas

Kickstart a new exercise programme or boost your sporting prowess at a fitness spa. You'll enjoy all the usual luxurious surroundings and pampering treatments, and have fun trying out the latest workouts and outdoor activities. Benefit from a personalised exercise plan to take home or one-to-one sessions with a personal trainer so you can leave feeling energised, refreshed and fighting fit.

RAGDALE HALL, LEICESTERSHIRE

BEST FOR: WORKOUT FANS

A favourite with *H&F* running expert Sam Murphy, Ragdale Hall is the destination for fitness fanatics and anyone looking to kickstart a fitness programme. 'Our class timetables are packed with fun, innovative workouts you won't find anywhere else,' says operations manager and international fitness presenter, Dean Hodgkin. 'That's because we want to inspire people to keep exercising when they return home.' The two fitness studios run classes from 7am to 7pm, covering all the basics, including aerobics, yoga, Pilates, dance, step and Spinning, mixed with exciting new classes, such as XCO-Trainer, Flexi-Bar, CHAOS and T-BOW. Outside, you can enjoy cycling, tennis, country hikes, power walking and Ragdale Express running sessions or a circuit training class. Four aqua classes are available every day in the exercise pool (featuring Aquagym stations), and there's

also an outdoor pool and 25m indoor pool. In the state-of-the-art gym, book a personal training session to help with weight loss, fitness, marathon training or postnatal recovery. Other services include lifestyle or nutritional analysis, swimming coaching and fencing lessons. And you can enjoy one of the fantastic treatments on offer (we loved the Elemis Deep Tissue Massage, £58 for 55 minutes) or a visit to the incredible Thermal Spa. Two-night, mid-week breaks start from £253 per person and include meals, the use of facilities and a choice of treatments. Day packages start from £69.

■ 01664 433000;
www.ragdalehall.co.uk

OFFER: Ragdale Hall is offering *H&F* readers 35 per cent off the nightly tariff for stays of two nights or more, sharing a Superior room. The offer, valid Sunday to Thursday until December 23, 2009, is £286 per person (usually £440), and includes meals plus two treatments. Please quote 'Health & Fitness' when booking.

THE BODY HOLIDAY LE SPORT, ST LUCIA

BEST FOR: BEACH BABES

Home to award-winning spa The Oasis Centre of Health & Well-being, this beach resort promises pleasure, rejuvenation and a very personal touch. Your holiday can be customised into a Wellness & Beauty or Sports & Activities break, and you can book all of your lessons and fitness sessions before you arrive to make the most of your stay. From water-skiing and windsurfing to learning to fly on a trapeze or walk the tightrope, the options are endless. Prices start from \$2,100 (£1,273) per person, per week.

■ www.thebodyholiday.com





CANYON RANCH, TUCSON, ARIZONA, USA

BEST FOR: SERIOUS EXERCISERS

Canyon Ranch describes itself as the 'personal-training destination spa'. On arrival, your fitness will be assessed and an exercise programme created for you. You'll also receive a personalised take-home exercise plan adapted to your preferences. There's a choice of more than 40 fitness classes and outdoor activities, and the 1,115m² aquatic centre and three outdoor pools offer athletic conditioning and Watsu (a moving massage in water). The Peak Performance package, designed to take your athletic performance to the next level, costs from \$2,260 (£1,370) for four nights. For an extra fee, you can tailor the package to your sport.

■ www.canyonranchtucson.com



PENNYHILL PARK, BAGSHOT, SURREY

BEST FOR: WATER BABIES

Given its incredible facilities, it's no surprise that Pennyhill Park has won so many awards. With eight indoor and outdoor ozone-treated pools, including a 25m indoor ballroom pool with underwater music, you can enjoy endless undisturbed laps or indulge in a soothing aqua-Pilates class. If water isn't your thing, the 280m² gym has the latest equipment and a wide range of classes in the sprung-floor exercise studio. Or get outdoors and make use of the jogging trail, tennis court, croquet, archery, clay-pigeon shooting and nine-hole golf course. The Sleepover Spa package, £385 per room, per night for two people (Monday to Saturday), includes breakfast, use of the spa and two, one-hour treatments.

■ www.exclusivehotels.co.uk

CHAMPNEYS TRING, HERTFORDSHIRE

BEST FOR: BEGINNERS

A long-standing H&F favourite, Champneys Tring makes full use of its wonderful 170-acre estate with Nordic walking, country hikes, circuit classes, tennis, cycling and much more. Fitness professionals are available to evaluate your fitness, analyse your posture or take you for a gym demo.

For a treatment with a chilly difference, try fitness kriotherapy, £50 for 50 minutes, where you spend three minutes in chambers kept as cold as -135° before a Vibrogym session – sounds painful but it's said to help aid muscle recovery. It costs from £159 per person, including meals and use of facilities.

■ www.champneys.com

OFFER: Champneys Tring is offering 15 per cent off a one-to-one Vibrogym session for residents. To book, contact the fitness team, quoting 'Health & Fitness'. Offer valid until October 31, 2009.

Pre-book personal training sessions or fitness evaluations before you arrive, and request class timetables so you can plan in advance and make the most of your stay. Book treatments for the end of the day, as you'll need to relax after them.

THE CITYPOINT CLUB, BARBICAN, LONDON

BEST FOR: CITY WORKERS

As a health club and day spa, The CityPoint Club's spacious and ultra-chic facilities are split between fitness and pampering. Enjoy boxercise, yoga, pole dancing, Spinning and more in the three fitness studios. As well as a sauna, whirlpool, plunge pool and the yummy treatments, the wellness centre offers physiotherapy, nutrition and sports biomechanics sessions. Prices from £80, include lunch, a massage and use of facilities.

■ www.thecitypointclub.co.uk

OFFER: The CityPoint Club is offering 20 per cent off its day spa packages. Call 020 7920 6225 and quote 'Health & Fitness'. Offer ends October 31, 2009.



RED MOUNTAIN RESORT & SPA, UTAH, USA

BEST FOR: ADVENTURE

Set in the tranquil and serene red rocks and canyons of St. George, Utah, Red Mountain brings you a vast selection of outdoor activities, such as hiking, biking and climbing. The fitness facilities are first class, with use of the pools, studios and fitness centre all included in the stay. Classes include Tank Top Arms, Splish-Splash and T'ai Chi on the Rocks. Fitness evaluations, personal training, workshops and weight-loss programmes are on offer. No wonder this was SpaFinder's 2008 'Fitness Program' award winner. Prices from \$159 (£96) per person, per night.

■ www.redmountainspa.com

