



RHL CLASS DESCRIPTIONS

For more information/ to book email classes@rhl.org.uk or call **01252 957430**

CHAIR PILATES	Have you always wanted to try Pilates but have limited mobility or are worried about getting down and up from the floor? Then SEATED Pilates is for you - this fun & friendly class uses traditional & adapted Pilates exercises to strengthen & lengthen your muscles, improve your posture, balance, mobility, flexibility & mental well-being; all with the use of a chair for help & support.
COPD	Our COPD (Pulmonary Maintenance) classes are for people who suffer from lung disease and would like to improve their general fitness. We offer safe and effective exercise led by an instructor qualified in this type of specialist exercise. The class provides the opportunity to exercise at your own pace and within your own limits, but in a friendly class atmosphere together with people with similar health conditions. *Medical referral required
MOVE IT OR LOSE IT	Move It or Lose It class includes mixed exercise to help you improve your flexibility, aerobic health, balance and strength for greater independence. Class includes a warm-up, aerobic strength with resistance bands, balance and flexibility. All of the exercises can be done seated or standing with safe, gentle encouragement for progression. Exercises are related to activities of daily living and can be adapted to suit different levels of ability and age-related health conditions. The aims of the class are to have fun exercising in a friendly, class setting and improve your health so you can continue to enjoy the activities you have always loved and stay physically active and independent.
PHASE IV CARDIAC REHABILITATION	A Phase 4 Cardiac rehab class for people who are in the long-term management of their cardiac condition, and want a regular, tailored exercise class to help keep their heart in its best health! *Medical referral is required
PILATES	Pilates is a form of body conditioning which focuses on the core postural muscles which help to keep the body balanced, and which are essential to providing support for the spine. This type of exercise was developed by Joseph Pilates in the early twentieth century to teach awareness of breath and alignment of the spine, and to strengthen the deep torso muscles. This particularly improves core abdominal strength but it also effectively tones and stretches all areas of the body in a relaxed and enjoyable atmosphere.
SEATED EXERCISE	Seated exercise is a chair based exercise class that is choreographed to music, working the whole body. Gentle exercises that help to improve co-ordination, mobility and muscular strength, whilst having fun and increasing confidence.
HEALTH CIRCUIT	Our health circuit class aims to improve general fitness and is suitable for all, including cancer rehabilitation and COPD members. This is a fun and friendly class, which will help to improve and manage your health & fitness.
ZUMBA GOLD	Zumba Gold is a lower intensity version of a Zumba class but just as much fun and will get you moving with a smile on your face.

CHAIR AEROBICS	Upbeat fun cardio workout all done from a chair. A fun aerobic exercise class that will get you moving, sweating & smiling all in the safety of your chair!
STRETCH AND RELAXATION	A great way to help with stress management. Stretch & lengthen your muscles in a relaxing class, that will help you to unwind, switch off & learn some techniques for managing stress.
BOXFIT AND CONDITIONING	Ideal for those wanting a fun way to return to exercise. 20 minutes of boxfitness followed by 20 minutes of toning for the whole body. You will be punching & kicking your way to fitness in this fun class, which is suitable for all!
STRENGTH WITH BANDS AND BODYWEIGHT	A total body workout at your own pace A top to toe workout using bands & your own body weight to create resistance & an effective challenge, all whilst working at your own level.
KEEP MOVING, KEEP FIT	A fun and friendly, active class, enjoyed from the comfort of your own home, with upbeat music to encourage a gentle cardiovascular workout.