

RHL's COMMUNITY BASED EXERCISE & REHABILITATION CLASSES

TERM 1 2019 – JANUARY AND FEBRUARY

MONDAY classes will run from Monday 7th January - Monday 25th February

TUESDAY classes will run from Tuesday 8th January - Tuesday 26th February

WEDNESDAY classes will run from Wednesday 9th January - Wednesday 27th February

THURSDAY classes will run from Thursday 10th January - Thursday 28th February

FRIDAY classes will run from Friday 11th January - Friday 1st March



DAY	TIME	CLASS	LOCATION	TUTOR	COST
Mon	9:20 – 10:20am	Phase IV Cardiac Rehabilitation	Hawley & Blackwater Leisure Centre, Camberley, GU17 9BW	Linda	£39.60 (£4.95/class) DD £18.15/month
	10:25 – 11:25am	Phase IV Cardiac Rehabilitation	Hawley & Blackwater Leisure Centre, Camberley, GU17 9BW	Linda	£39.60 (£4.95/class) DD £18.15/month
	11:30 – 12:30pm	Phase IV Cardiac Rehabilitation	Hawley & Blackwater Leisure Centre, Camberley, GU17 9BW	Linda	£39.60 (£4.95/class) DD £18.15/month
	12:40 – 1:40pm (1-hour class & ½ hour tea + coffee)	Pulmonary Maintenance Exercise	Hawley & Blackwater Leisure Centre, Camberley, GU17 9BW	Linda	£34.40 (£4.30/class) DD £15.77/month
	1:30 - 2:45pm (45 min class & ½ hour tea + coffee)	Seated Pilates	Studio 24, Northfield Road, Church Crookham, GU52 6ED	Jen	£46.40 (£5.80/class) DD £21.27/month
	1:45 – 2:45pm (1-hour class & ½ hour tea + coffee)	Health Circuit *Suitable for Cancer Rehabilitation	Hawley & Blackwater Leisure Centre, Camberley, GU17 9BW	Linda	£34.40 (£4.30/class) DD £18.15/month
Tues	9:30 – 10:15am	Pilates	Hawley Memorial Hall, Camberley, GU17 9BW	Julia	£38.40 (£4.80/class) DD £19.20/month
	10:30 – 11:15am	Pilates	Hawley Memorial Hall, Camberley, GU17 9BW	Julia	£38.40 (£4.80/class) DD £19.20/month
	11:30 – 12:15pm	Seated Pilates	Hawley Memorial Hall, Camberley, GU17 9BW	Julia	£38.40 (£4.80/class) DD £19.20/month
	5:45 – 6:45pm	Phase IV Cardiac Rehabilitation	Alderwood (Connaught) Leisure Centre, Aldershot, GU12 4AS	Heidi	£39.60 (£4.95/class) DD £19.80/month
	7:30 – 8:30pm	Pilates	Wavell School, Farnborough, GU14 6BH	Becky	£39.60 (£4.95/class) DD £19.20/month
Wed	9:45 – 10:30am (45 min class & ½ hour tea + coffee)	Seated Pilates	Princes Hall, Aldershot, GU11 1NX	Linda	£34.40 (£4.30/class) DD £17.20/month
	10:40 – 11:40am (1-hour class & ½ hour tea + coffee)	Phase IV Cardiac Rehabilitation	Aldershot Military Museum, Queens Avenue, Aldershot, GU11 2LG	Linda	£39.60 (£4.95/class) DD £19.80/month
	11:45 – 12:45pm (1-hour class & ½ hour tea + coffee)	Pulmonary Maintenance Exercise	Aldershot Military Museum, Queens Avenue, Aldershot, GU11 2LG	Linda	£34.40 (£4.30/class) DD £17.20/month
	12:50 – 13:35pm (45 min class & ½ hour tea + coffee)	Steady & Strong	Aldershot Military Museum, Queens Avenue, Aldershot, GU11 2LG	Linda	£34.40 (£4.30/class) DD £17.20/month
	1:40 – 2:25pm (45 min class & ½ hour tea + coffee)	Seated Pilates	Aldershot Military Museum, Queens Avenue, Aldershot, GU11 2LG	Linda	£34.40 (£4.30/class) DD £17.20/month
Thurs	10:00-10:45am (45 min class & ½ hour tea + coffee)	Seated Exercise	Aldershot Military Museum, Queens Avenue, Aldershot, GU11 2LG	Alison	£34.40 (£4.30/class) DD £17.20/month
	11:15-12:00pm	Seated Exercise	Aldershot Military Museum, Queens Avenue, Aldershot, GU11 2LG	Alison	£34.40 (£4.30/class) DD £17.20/month
	6:10 – 7pm	Pilates	Wavell School, Farnborough, GU14 6BH	Nas	£39.60 (£4.95/class) DD £19.80/month
Fri	12 – 1pm	Pilates	St Augustine's Church, Aldershot, GU12 4SE	Jo	£38.40 (£4.80/class) DD £18.80/month

*Please note medical referral is required for Phase IV Cardiac Rehabilitation and Pulmonary Maintenance Exercise Classes