



RHL's COMMUNITY BASED EXERCISE & REHABILITATION CLASSES

TERM 6 2017 NOVEMBER + DECEMBER = 7 WEEKS!

Monday classes will run- 6th November – 18th December = 7 weeks

Tuesday classes will run- 7th November – 19th December = 7 weeks (Becky's Pilates finishes 12th December)

Wednesday classes will run- 8th November – 20th December = 7 weeks

Thursday classes will run- 9th November – 21st December = 7 weeks (Becky's Pilates finishes 14th December)

Friday classes will run- 10th November – 15th December = 6 weeks

NO CLASSES W/C Monday 25th December + W/C Monday 1st January and CLASSES WILL RESUME W/c Monday 8th January 2018!!

DAY	TIME	CLASS	LOCATION	TUTOR	COST
Monday	9.20 – 10.20 am	Phase IV Cardiac Rehabilitation	Hawley & Blackwater Leisure Centre, Camberley, GU17 9BW	Linda	£4.95 2 classes PW= £8.50
Monday	10.25 – 11.25 am	Phase IV Cardiac Rehabilitation	Hawley & Blackwater Leisure Centre, Camberley, GU17 9BW	Linda	£4.95 2 classes PW= £8.50
Monday	11.30 – 12.30 pm	Phase IV Cardiac Rehabilitation	Hawley & Blackwater Leisure Centre, Camberley, GU17 9BW	Linda	£4.95 2 classes PW =£8.50
Monday	12.40 – 1.40 pm (1 hour class & ½ hour tea + coffee)	Pulmonary Maintenance Exercise	Hawley & Blackwater Leisure Centre, Camberley, GU17 9BW	Linda	£4.00 2 classes PW =£6.50
Monday	1.45 – 2.45 pm (1 hour class & ½ hour tea + coffee)	Health Circuit *Suitable for Cancer Rehabilitation	Hawley & Blackwater Leisure Centre, Camberley, GU17 9BW	Linda	£4.00
Tuesday	9.30 – 10.15 am	Pilates	Hawley Memorial Hall, Camberley, GU17 9BW	Julia	£4.50
Tuesday	10.30 – 11.15 am	Pilates	Hawley Memorial Hall, Camberley, GU17 9BW	Julia	£4.50
Tuesday	11.30 – 12.15 pm	Seated Pilates	Hawley Memorial Hall, Camberley, GU17 9BW	Julia	£4.50
Tuesday	5.45 – 6.45 pm	Phase IV Cardiac Rehabilitation	Alderwood (Connaught) Leisure Centre, Aldershot, GU12 4AS	Carol	£4.95 2 classes PW =£8.50
Tuesday	7.30 – 8.30 pm	Pilates	Wavell School, Farnborough, GU14 6BH	Becky	£4.95 2 classes PW =£8.00
Wednesday	10 – 11.15 am (45 min class & ½ hour tea + coffee)	Seated Pilates	Princes Hall, Aldershot, GU11 1NX	Linda	£4.00
Wednesday	10 – 11.30 am (1 hour class & ½ hour tea + coffee)	Phase IV Cardiac Rehabilitation	Hawley Memorial Hall, Camberley, GU17 9BW	Heidi	£4.95 2 classes PW =£8.50
Wednesday	12 – 1.30 pm (1 hour class & ½ hour tea + coffee)	Pulmonary Maintenance Exercise	North Camp Methodist Church, North Camp, GU14 6EG	Linda	£4.00 2 classes PW=£6.50
Wednesday	1.15 – 2.45 pm (1 hour class & ½ hour tea + coffee)	Steady & Strong	North Camp Methodist Church, North Camp, GU14 6EG	Linda	£4.00
Wednesday	2.30 – 4 pm (1 hour class & ½ hour tea + coffee)	Health Circuit incorporating Cancer Rehabilitation	North Camp Methodist Church, North Camp, GU14 6EG	Linda	£4.00
Thursday	10 – 10.45 am (45 min class & ½ hour tea + coffee)	Seated Exercise	Farnborough Community Centre, Farnborough, GU14 7LE	Alison	£3.50
Thursday	11.15 – 12 pm	Seated Exercise	Farnborough Community Centre, Farnborough, GU14 7LE	Alison	£3.50
Thursday	6 – 6.50 pm	Pilates	Wavell School, Farnborough, GU14 6BH	Becky	£4.50 2 classes PW =£8.00
Friday NO CLASS 22/12	10.45- 11.45 am	Move it or Lose it!	St Augustine's Church, Aldershot, GU12 4SE	Jo	£4.50
Friday NO CLASS 22/12	12 – 1 pm	Pilates	St Augustine's Church, Aldershot, GU12 4SE	Jo	£4.50

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

TERM 6 NOVEMBER AND DECEMBER 2017

- Connaught Leisure Centre has now changed its name to Alderwood Leisure Centre – but don't worry, your class is in the same place!
- All term 6 classes are 7 weeks in duration except-
 - Friday Move it and Lose it & Pilates will only be 6 weeks in duration due to no classes on Friday 22nd December
- Please note that RHL will be closed for the Christmas break and no classes will run on the week commencing Monday 25th December and Monday 1st January.
- Classes will resume in the New Year on the week commencing Monday 8th January 2018!
- Class Christmas parties – we hope you will join our instructors in the tradition of having a little Christmas Class Party on the last week of term! Becky's Evening Pilates will finish a week early on Tues 12th and Thurs 14th December. Heidi's Wed Cardiac Class will have their Christmas Party on the 13th December but there will still be a class on the 20th December for those who can make it!

Payments

- Please see table below for the cost of your class. Term 6 is set up online for any online payments.
- When paying by cheque please remember to pop the class you attend on the back on your cheque!

CLASS	COST FOR 7 WEEK COURSE
CARDIAC REHABILITATION (MON + TUES + WEDS)	£34.65
PULMONARY MAINTENANCE (MON + WEDS)	£28.00
HEALTH CIRCUIT (CANCER REHABILITATION) (MON + WEDS)	£28.00
PILATES (TUES + FRI AM + THURS PM)	£31.50
PILATES (TUES PM)	£34.65
SEATED PILATES (TUES AM)	£31.50
SEATED PILATES (WEDS AM)	£28.00
STEADY AND STRONG (WEDS)	£28.00
SEATED EXERCISE (THURS)	£24.50

Important Message

I hope all of you are well and thank you for your support over the years. You are at the very heart of what we do and the valuable funds that you generate through our exercise classes and socials allow us to help more and more people each year. Last year alone there were over 20,000 attendances at our events, classes, grant funded projects and socials.

Finance is always an issue with charities and we face unprecedented times as local government funding is slashed by central government and more and more charities fight for an ever-shrinking pot of money. We also suffer from the bigger profile charities that tend to "mop up" local donations. We cannot compete with their corporate like fundraising and small charities like RHL have to think of different ways to increase income.

I review our whole programme each year and there will be a small price rise in the new year as we tackle the issue of shrinking funds against larger demands for our services (please have a look at our last Annual Review to see what we do http://www.rhl.org.uk/reports/annual_review_2016.pdf)

I also check to see if we can be as efficient as possible and reduce waste. One issue that comes up regularly is our policy of refunding class fees when a member misses a class. For years we have refunded as cash or class credits for next term. As well as reducing funding received, this takes up the valuable time of my staff. From this term I will be withdrawing the "refund facility" to tackle this issue. Whether you attend or not, we have to

pay for the tutor, the hall hire and my staff to manage the exercise classes. With refunds being given across the board it has often resulted in a class becoming loss making and we cannot continue to do this.

There will be exceptions: Unplanned hospital stays, known holidays i.e. if you know you are away for 3 weeks of the eight-week term you would pay for five (letting our staff know when booking about your holiday), long term illness (e.g. if you had booked an eight-week term and were suddenly ill after two weeks and missed the following six weeks), my staff will also consider exceptional circumstances. Summing up, we will no longer refund classes if you miss one or two weeks during the term. As I said earlier we still must pay for hall, tutors and RHL staff regardless.

I hope this makes sense and is reasonable? Tough decisions like this have to be made to ensure we can continue to run our classes. We receive no statutory funding meaning we must raise every penny that we spend. You have already been very generous making donations and hope you can understand where we are coming from.

Thank you again for all your help and support,

Jim Ruddy, CEO