



## RHL's COMMUNITY BASED EXERCISE & REHABILITATION CLASSES

**TERM 1 2018 JANUARY + FEBRUARY = 8 WEEKS!**

Monday classes will run from 8<sup>th</sup> January to 26<sup>th</sup> February = 8 weeks  
 Tuesday classes will run from 9<sup>th</sup> January to 27<sup>th</sup> February = 8 weeks  
 Wednesday classes will run from 10<sup>th</sup> January to 28<sup>th</sup> February = 8 weeks  
 Thursday classes will run from 11<sup>th</sup> January to 1<sup>st</sup> March = 8 weeks  
 Friday classes will run from 12<sup>th</sup> January to 2 March = 8 weeks

DAY	TIME	CLASS	LOCATION	TUTOR	COST
Monday	9.20 – 10.20 am	Phase IV Cardiac Rehabilitation	Hawley & Blackwater Leisure Centre, Camberley, GU17 9BW	Linda	<b>£39.60</b> (£4.95/class) 2 classes PW= £68.00
Monday	10.25 – 11.25 am	Phase IV Cardiac Rehabilitation	Hawley & Blackwater Leisure Centre, Camberley, GU17 9BW	Linda	<b>£39.60</b> (£4.95/class) 2 classes PW= £68.00
Monday	11.30 – 12.30 pm	Phase IV Cardiac Rehabilitation	Hawley & Blackwater Leisure Centre, Camberley, GU17 9BW	Linda	<b>£39.60</b> (£4.95/class) 2 classes PW= £68.00
Monday	12.40 – 1.40 pm (1-hour class & ½ hour tea + coffee)	Pulmonary Maintenance Exercise	Hawley & Blackwater Leisure Centre, Camberley, GU17 9BW	Linda	<b>£32.00</b> (£4/class) 2 classes PW =£52.00
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	<b>£32.00</b> (£4/class)
Tuesday	9.30 – 10.15 am	Pilates	Hawley Memorial Hall, Camberley, GU17 9BW	Julia	<b>£36.00</b> (£4.50/class)
Tuesday	10.30 – 11.15 am	Pilates	Hawley Memorial Hall, Camberley, GU17 9BW	Julia	<b>£36.00</b> (£4.50/class)
Tuesday	11.30 – 12.15 pm	Seated Pilates	Hawley Memorial Hall, Camberley, GU17 9BW	Julia	<b>£36.00</b> (£4.50/class)
Tuesday	5.45 – 6.45 pm	Phase IV Cardiac Rehabilitation	Alderwood (Connaught) Leisure Centre, Aldershot, GU12 4AS	Heidi	<b>£39.60</b> (£4.95/class) 2 classes PW =£68.00
Tuesday	7.30 – 8.30 pm	Pilates	Wavell School, Farnborough, GU14 6BH	Becky	<b>£39.60</b> (£4.95/class) 2 classes PW =£64.00
Wednesday	10 – 11.15 am (45 min class & ½ hour tea + coffee)	Seated Pilates	Princes Hall, Aldershot, GU11 1NX	Linda	<b>£32.00</b> (£4/class)
Wednesday	10 – 11.30 am (1-hour class & ½ hour tea + coffee)	Phase IV Cardiac Rehabilitation	Hawley Memorial Hall, Camberley, GU17 9BW	Heidi	<b>£39.60</b> (£4.95/class) 2 classes PW =£68.00
Wednesday	12 – 1.30 pm (1-hour class & ½ hour tea + coffee)	Pulmonary Maintenance Exercise	North Camp Methodist Church, North Camp, GU14 6EG	Linda	<b>£32.00</b> (£4/class) 2 classes PW=£52.00
Wednesday	1.15 – 2 pm	Seated Pilates	North Camp Methodist Church, North Camp, GU14 6EG	Linda	<b>£32.00</b> (£4/class)
Thursday	10 – 10.45 am (45 min class & ½ hour tea + coffee)	Seated Exercise	Farnborough Community Centre, Farnborough, GU14 7LE	Alison	<b>£28.00</b> (£3.50/class)
Thursday	11.15 – 12 pm	Seated Exercise	Farnborough Community Centre, Farnborough, GU14 7LE	Alison	<b>£28.00</b> (£3.50/class)
Thursday	6.10 – 7 pm	Pilates	Wavell School, Farnborough, GU14 6BH	Becky	<b>£36.00</b> (£4.50/class) 2 classes PW =£64.00
Friday	10.45- 11.45 am	Move it or Lose it!	St Augustine's Church, Aldershot, GU12 4SE	Jo	<b>£36.00</b> (£4.50/class)
Friday	12 – 1 pm	Pilates	St Augustine's Church, Aldershot, GU12 4SE	Jo	<b>£36.00</b> (£4.50/class)

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