

# RHL's COMMUNITY BASED EXERCISE & REHABILITATION CLASSES

TERM 3 2018 MAY + JUNE = 9 WEEKS!

Monday classes will run from 30<sup>th</sup> April to 25<sup>th</sup> June = 7 weeks **Bank Holidays 7<sup>th</sup> and 28<sup>th</sup> May**

Tuesday classes will run from 1<sup>st</sup> May to 26<sup>h</sup> June = 9 weeks

Wednesday classes will run from 2<sup>nd</sup> May to 27<sup>th</sup> June = 9 weeks

Thursday classes will run from 3<sup>rd</sup> May to 28<sup>th</sup> June = 9 weeks

Friday classes will run from 4<sup>th</sup> May to 29<sup>th</sup> June = 9 weeks



DAY	TIME	CLASS	LOCATION	TUTOR	COST
<b>Mon</b>	9:20 – 10:20am	Phase IV Cardiac Rehabilitation	Hawley & Blackwater Leisure Centre, Camberley, GU17 9BW	Linda	<b>£34.65</b> (£4.95/class) 2 classes PW= <b>£68</b>
	10:25 – 11:25am	Phase IV Cardiac Rehabilitation	Hawley & Blackwater Leisure Centre, Camberley, GU17 9BW	Linda	<b>£34.65</b> (£4.95/class) 2 classes PW= <b>£68</b>
	11:30 – 12:30pm	Phase IV Cardiac Rehabilitation	Hawley & Blackwater Leisure Centre, Camberley, GU17 9BW	Linda	<b>£34.65</b> (£4.95/class) 2 classes PW= <b>£68</b>
	12:40 – 1:40pm (1-hour class & ½ hour tea + coffee)	Pulmonary Maintenance Exercise	Hawley & Blackwater Leisure Centre, Camberley, GU17 9BW	Linda	<b>£30.10</b> (£4.30/class) 2 classes PW= <b>£56</b>
	1:30 -2:45pm (45 min class & ½ hour tea + coffee)	<b>NEW</b> Seated Pilates <b>Starts 21<sup>st</sup> May</b>	Studio 24, Northfield Road, Church Crookham, GU52 6ED	Jen	<b>£29.00</b> (£5.80/class)
	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	<b>£30.10</b> (£4.30/class)
<b>Tues</b>	9:30 – 10:15am	Pilates	Hawley Memorial Hall, Camberley, GU17 9BW	Julia	<b>£43.20</b> (£4.80/class)
	10:30 – 11:15am	Pilates	Hawley Memorial Hall, Camberley, GU17 9BW	Julia	<b>£43.20</b> (£4.80/class)
	11:15 -12:30pm (45 min class & ½ hour tea + coffee)	<b>NEW</b> Pilates <b>Starts 22<sup>nd</sup> May</b>	Studio 24, Northfield Road, Church Crookham, GU52 6ED	Jen	<b>£34.80</b> (£5.80/class)
	11:30 – 12:15pm	Seated Pilates	Hawley Memorial Hall, Camberley, GU17 9BW	Julia	<b>£43.20</b> (£4.80/class)
	5:45 – 6:45pm	Phase IV Cardiac Rehabilitation	Alderwood (Connaught) Leisure Centre, Aldershot, GU12 4AS	Heidi	<b>£44.55</b> (£4.95/class)
	7:30 – 8:30pm	Pilates	Wavell School, Farnborough, GU14 6BH	Becky	<b>£44.55</b> (£4.95/class) 2 classes PW= <b>£76.50</b>
<b>Wed</b>	10 – 11:15am (45 min class & ½ hour tea + coffee)	Seated Pilates	Princes Hall, Aldershot, GU11 1NX	Linda	<b>£38.70</b> (£4.30/class)
	10 – 11:30am (1-hour class & ½ hour tea + coffee)	Phase IV Cardiac Rehabilitation	Hawley Memorial Hall, Camberley, GU17 9BW	Heidi	<b>£44.55</b> (£4.95/class) 2 classes PW= <b>£68</b>
	12 – 1:30pm (1-hour class & ½ hour tea + coffee)	Pulmonary Maintenance Exercise	North Camp Methodist Church, North Camp, GU14 6EG	Linda	<b>£38.70</b> (£4.30/class) 2 classes PW= <b>£56</b>
	1:15 – 2pm	Seated Pilates	North Camp Methodist Church, North Camp, GU14 6EG	Linda	<b>£38.70</b> (£4.30/class)
<b>Thurs</b>	10 – 10:45am (45 min class & ½ hour tea + coffee)	Seated Exercise	Farnborough Community Centre, Farnborough, GU14 7LE	Alison	<b>£34.20</b> (£3.80/class)
	11:15 – 12pm	Seated Exercise	Farnborough Community Centre, Farnborough, GU14 7LE	Alison	<b>£34.20</b> (£3.80/class)
	6:10 – 7pm	Pilates	Wavell School, Farnborough, GU14 6BH	Nas	<b>£44.55</b> (£4.95/class) 2 classes PW= <b>£76.50</b>
<b>Fri</b>	12 – 1pm	Pilates	St Augustine's Church, Aldershot, GU12 4SE	Jo	<b>£43.20</b> (£4.80/class)

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