

RHL's COMMUNITY BASED EXERCISE & REHABILITATION CLASSES

TERM 4 2018 JULY + AUGUST = 9 WEEKS!

Monday classes will run from 2nd July to 27th August = 8 weeks **Bank Holiday 27th August**

Tuesday classes will run from 3rd July to 28th August = 9 weeks

Wednesday classes will run from 4th July to 29th August = 9 weeks

Thursday classes will run from 5th July to 30th August = 9 weeks

Friday classes will run from 6th July to 31st August = 9 weeks



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) 2 classes PW= £72.25
	10:25 – 11:25am	Phase IV Cardiac Rehabilitation	Hawley & Blackwater Leisure Centre, Camberley, GU17 9BW	Linda	£39.60 (£4.95/class) 2 classes PW= £72.25
	11:30 – 12:30pm	Phase IV Cardiac Rehabilitation	Hawley & Blackwater Leisure Centre, Camberley, GU17 9BW	Linda	£39.60 (£4.95/class) 2 classes PW= £72.25
	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) 2 classes PW= £52.50
	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)
	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)
Tues	9:30 – 10:15am	Pilates	Hawley Memorial Hall, Camberley, GU17 9BW	Julia	£43.20 (£4.80/class)
	10:30 – 11:15am	Pilates	Hawley Memorial Hall, Camberley, GU17 9BW	Julia	£43.20 (£4.80/class)
	11:15 -12:30pm (45 min class & ½ hour tea + coffee)	Pilates	Studio 24, Northfield Road, Church Crookham, GU52 6ED	Jen	£52.20 (£5.80/class)
	11:30 – 12:15pm	Seated Pilates	Hawley Memorial Hall, Camberley, GU17 9BW	Julia	£43.20 (£4.80/class)
	5:45 – 6:45pm	Phase IV Cardiac Rehabilitation	Alderwood (Connaught) Leisure Centre, Aldershot, GU12 4AS	Heidi	£44.55 (£4.95/class)
	7:30 – 8:30pm	Pilates	Wavell School, Farnborough, GU14 6BH	Becky	£44.55 (£4.95/class) 2 classes PW= £72.25
Wed	10 – 11:15am (45 min class & ½ hour tea + coffee)	Seated Pilates	Princes Hall, Aldershot, GU11 1NX	Linda	£38.70 (£4.30/class)
	10 – 11:30am (1-hour class & ½ hour tea + coffee)	Phase IV Cardiac Rehabilitation	Hawley Memorial Hall, Camberley, GU17 9BW	Heidi	£44.55 (£4.95/class) 2 classes PW= £72.25
	12 – 1:30pm (1-hour class & ½ hour tea + coffee)	Pulmonary Maintenance Exercise	North Camp Methodist Church, North Camp, GU14 6EG	Linda	£30.10 (£4.30/class) 2 classes PW= £52.50
	1:15 – 2pm	Seated Pilates	North Camp Methodist Church, North Camp, GU14 6EG	Linda	£30.10 (£4.30/class)
Thurs	10:30-11:15am (45 min class & ½ hour tea + coffee)	Seated Exercise	Farnborough Community Centre, Farnborough, GU14 7LE	Alison	£30.40 (£3.80/class)
	6:10 – 7pm	Pilates	Wavell School, Farnborough, GU14 6BH	Nas	£39.60 (£4.95/class) 2 classes PW= £72.25
Fri	12 – 1pm	Pilates	St Augustine's Church, Aldershot, GU12 4SE	Jo	£43.20 (£4.80/class)

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