

RHL's COMMUNITY BASED EXERCISE & REHABILITATION CLASSES

TERM 5 2018 SEPTEMBER + OCTOBER = 9 WEEKS!

MONDAY classes will run from 3RD SEPTEMBER - 29TH OCTOBER

TUESDAY classes will run from 4TH SEPTEMBER - 30TH OCTOBER

WEDNESDAY classes will run from 5TH SEPTEMBER - 31ST OCTOBER

THURSDAY classes will run from 6TH SEPTEMBER - 1ST NOVEMBER

FRIDAY classes will run from 7TH SEPTEMBER - 2ND NOVEMBER



DAY	TIME	CLASS	LOCATION	TUTOR	COST
Mon	9:20 – 10:20am	Phase IV Cardiac Rehabilitation	Hawley & Blackwater Leisure Centre, Camberley, GU17 9BW	Linda	£44.55 (£4.95/class)
	10:25 – 11:25am	Phase IV Cardiac Rehabilitation	Hawley & Blackwater Leisure Centre, Camberley, GU17 9BW	Linda	£44.55 (£4.95/class)
	11:30 – 12:30pm	Phase IV Cardiac Rehabilitation	Hawley & Blackwater Leisure Centre, Camberley, GU17 9BW	Linda	£44.55 (£4.95/class)
	12:40 – 1:40pm (1-hour class & ½ hour tea + coffee)	Pulmonary Maintenance Exercise	Hawley & Blackwater Leisure Centre, Camberley, GU17 9BW	Linda	£38.70 (£4.30/class)
	1:30 - 2:45pm (45 min class & ½ hour tea + coffee)	Seated Pilates	Studio 24, Northfield Road, Church Crookham, GU52 6ED	Jen	£52.20 (£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	£38.70 (£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)
	10 – 11.30 am (45 min class & ½ hour tea + coffee) New Time!	Pilates Starts 18th Sept!	Studio 24, Northfield Road, Church Crookham, GU52 6ED	Jen	£40.60 (£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)
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)
	12 – 1:30pm (1-hour class & ½ hour tea + coffee)	Pulmonary Maintenance Exercise	North Camp Methodist Church, North Camp, GU14 6EG	Linda	£34.40 (£4.30/class)
	1:15 – 2pm	Seated Pilates	North Camp Methodist Church, North Camp, GU14 6EG	Linda	£34.40 (£4.30/class)
Thurs	10:00-10:45am (45 min class & ½ hour tea + coffee)	Seated Exercise	Farnborough Community Centre, Farnborough, GU14 7LE	Alison	£38.70 (£4.30/class)
	11:15-12:00pm	Seated Exercise	Farnborough Community Centre, Farnborough, GU14 7LE	Alison	£38.70 (£4.30/class)
	6:10 – 7pm Finishes 18th Oct	Pilates	Wavell School, Farnborough, GU14 6BH	Nas	£34.65 (£4.95/class)
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