



RUSHMOOR HEALTHY LIVING

COMMUNITY BASED EXERCISE & REHABILITATION CLASSES

TERM 3 2017 MAY + JUNE = 9 WEEKS!

Monday classes will run- 1st May – 26th June – NO Class 1st & 29th May = 7 weeks

Tuesday classes will run- 2nd May – 27th June = 9 weeks

Wednesday classes will run- 3rd May – 28th June = 9 weeks

Thursday classes will run- 4th May – 29th June = 9 weeks

Friday classes will run- 5th May – 30th June = 9 weeks

DAY	TIME	CLASS	LOCATION	TUTOR	COST
Monday NO CLASS 1/5 + 29/5	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 NO CLASS 1/5 + 29/5	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 NO CLASS 1/5 + 29/5	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 NO CLASS 1/5 + 29/5	12.40 – 1.40 pm (1 hour class & ½ hour tea + coffee) NEW TIME	Pulmonary Maintenance Exercise	Hawley & Blackwater Leisure Centre, Camberley, GU17 9BW	Linda	£4.00 2 classes PW =£6.50
Monday NO CLASS 1/5 + 29/5	1.45 – 2.45 pm (1 hour class & ½ hour tea + coffee) NEW TIME	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 NEW TIME	Phase IV Cardiac Rehabilitation	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	Jo	£4.95
Wednesday	10 – 11.15 am (45 min class & ½ hour tea + coffee)	Seated Pilates	Princes Hall, Aldershot, GU11 1NX	Linda	£4.00
Wednesday NO CLASS 14/6 + 28/6	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 CLASS CHANGE	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 CLASS CHANGE	10.15 – 11.15 am	Steady & Strong	Princes Hall, Aldershot, GU11 1NX	Linda	£4.00
Thursday	11.15 – 12 pm	Seated Exercise	Farnborough Community Centre, Farnborough, GU14 7LE	Alison	£3.50
Thursday NEW CLASS	7.15 – 8.15 pm	Phase IV Cardiac Rehabilitation	Connaught Leisure Centre, Aldershot, GU12 4AS – Dance Studio	Carol	£4.95 2 classes PW =£8.50
Friday	10.45- 11.45 am	Move it or Lose it!	St Augustine's Church, Aldershot, GU12 4SE	Jo	£4.50
Friday	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 3 UPDATES

Please note that there will be no classes on Monday 1st May and Monday 29th May due to Bank Holidays!

- Therefore Monday classes will be 7 weeks in duration.
- Tuesday + Thursday + Friday classes will be 9 weeks in duration
- Wednesday classes will be 9 weeks in duration except 10 am Cardiac Rehab which will only be 7 weeks due to no classes on 14th and 28th June

- Monday pulmonary class will run at the slightly earlier time of 12.40 – 1.40 pm
- Monday health circuit will run at the slightly earlier time of 1.45 – 2.45 pm
- Tuesday night cardiac class will now run at the time of 5.45 – 6.45 pm
- **CLASS CHANGE** – Please note that the Wednesday 3.45 pm Cancer Rehabilitation class will now run as a Health Circuit incorporating Cancer Rehab at the earlier time of 2.30 – 4 pm (still at North Camp Methodist Church).
- **CLASS CHANGE** – Please note that the Wednesday 2.30 pm Steady and Strong is going to move to a Thursday morning 10.15 – 11.15 am at the Princes Hall in Aldershot.
- **NEW CLASS** – Phase IV Cardiac Rehabilitation on a Thursday evening 7.15 – 8.15 pm at Connaught Leisure Centre in the dance studio – booking is essential as spaces are limited!

Payments

- Please remember the price increase for the classes!

Price Per Class	9 WEEKS	8 WEEKS	7 WEEKS	6 WEEKS	5 WEEKS
£3.50	£31.50	£28.00	£24.50	£21.00	£17.50
£4.00	£36.00	£32.00	£28.00	£24.00	£20.00
£4.50	£40.50	£36.00	£31.50	£27.00	£22.50
£4.95	£44.55	£39.60	£34.65	£29.70	£24.75
Cost for 2 Cardiac Rehabilitation Classes per week = £8.50			Cost for 2 Pulmonary Rehabilitation Classes per week = £6.50		

Please also remember with so many of our class now being full pass all new enquires onto Zoe and I will get back to the member to let them know if there is space on the class or if we will need to add them to the waiting list.

Thanks 😊 Zoe!