

RHL's COMMUNITY BASED EXERCISE & REHABILITATION CLASSES

TERM 2 2018 MARCH +APRIL = 8 WEEKS!



Monday classes will run from 5th March to 23th April = 7 weeks **Bank Holiday 2nd April**

Tuesday classes will run from 6th March to 24th April = 8 weeks

Wednesday classes will run from 7th March to 25th April = 8 weeks

Thursday classes will run from 8th March to 26th April = 8 weeks **No Pilates Class on 8th March**

Friday classes will run from 9th March to 27th April = 7 weeks **Bank Holiday 30th March**

DAY	TIME	CLASS	LOCATION	TUTOR	COST
Monday	9.00 – 10.00 am	NEW! Zumba Gold	Princes Hall, Aldershot, GU11 1NX	Daphne	£34.65 (£4.95/class)
Monday	9.20 – 10.20 am	Phase IV Cardiac Rehabilitation	Hawley & Blackwater Leisure Centre, Camberley, GU17 9BW	Linda	£34.65 (£4.95/class) 2 classes PW = £63.75
Monday	10.25 – 11.25 am	Phase IV Cardiac Rehabilitation	Hawley & Blackwater Leisure Centre, Camberley, GU17 9BW	Linda	£34.65 (£4.95/class) 2 classes PW = £63.75
Monday	11.30 – 12.30 pm	Phase IV Cardiac Rehabilitation	Hawley & Blackwater Leisure Centre, Camberley, GU17 9BW	Linda	£34.65 (£4.95/class) 2 classes PW = £63.75
Monday	12.40 – 1.40 pm (1-hour class & ½ hour tea + coffee)	Pulmonary Maintenance Exercise	Hawley & Blackwater Leisure Centre, Camberley, GU17 9BW	Linda	£28.00 (£4/class) 2 classes PW = £48.75
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	£28.00 (£4/class)
Tuesday	9.30 – 10.15 am	Pilates	Hawley Memorial Hall, Camberley, GU17 9BW	Julia	£36.00 (£4.50/class)
Tuesday	10.30 – 11.15 am	Pilates	Hawley Memorial Hall, Camberley, GU17 9BW	Julia	£36.00 (£4.50/class)
Tuesday	11.30 – 12.15 pm	Seated Pilates	Hawley Memorial Hall, Camberley, GU17 9BW	Julia	£36.00 (£4.50/class)
Tuesday	5.45 – 6.45 pm	Phase IV Cardiac Rehabilitation	Alderwood (Connaught) Leisure Centre, Aldershot, GU12 4AS	Heidi	£39.60 (£4.95/class) 2 classes PW = £63.75
Tuesday	7.30 – 8.30 pm	Pilates	Wavell School, Farnborough, GU14 6BH	Becky	£39.60 (£4.95/class) 2 classes PW = £60.00
Wednesday	10 – 11.15 am (45 min class & ½ hour tea + coffee)	Seated Pilates	Princes Hall, Aldershot, GU11 1NX	Linda	£32.00 (£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	£39.60 (£4.95/class) 2 classes PW = £63.75
Wednesday	12 – 1.30 pm (1-hour class & ½ hour tea + coffee)	Pulmonary Maintenance Exercise	North Camp Methodist Church, North Camp, GU14 6EG	Linda	£32.00 (£4/class) 2 classes PW = £48.75
Wednesday	1.15 – 2 pm	Seated Pilates	North Camp Methodist Church, North Camp, GU14 6EG	Linda	£32.00 (£4/class)
Thursday	10 – 10.45 am (45 min class & ½ hour tea + coffee)	Seated Exercise	Farnborough Community Centre, Farnborough, GU14 7LE	Alison	£28.00 (£3.50/class)
Thursday	11.15 – 12 pm	Seated Exercise	Farnborough Community Centre, Farnborough, GU14 7LE	Alison	£28.00 (£3.50/class)
Thursday	6.10 – 7 pm	Pilates	Wavell School, Farnborough, GU14 6BH	Nas	£31.50 (£4.50/class) 2 classes PW = £60.00
Friday	10.45- 11.45 am	Move it or Lose it!	St Augustine's Church, Aldershot, GU12 4SE	Jo	£31.50 (£4.50/class)
Friday	12 – 1 pm	Pilates	St Augustine's Church, Aldershot, GU12 4SE	Jo	£31.50 (£4.50/class)

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