

TERM 6 EXERCISE & REHABILITATION CLASSES – Nov/Dec

DAY	TIME	CLASS	LOCATION	TUTOR	COST
Mon	9:20 – 10:20am (1-hour class & ½ hour tea + coffee)	Phase IV Cardiac Rehabilitation	Hawley & Blackwater Leisure Centre, Camberley, GU17 9BW	Linda	£38.30/term DD £18.15/month
	10:25 – 11:25am (1-hour class & ½ hour tea + coffee)	Phase IV Cardiac Rehabilitation	Hawley & Blackwater Leisure Centre, Camberley, GU17 9BW	Linda	£38.30/term DD £18.15/month
	11:30 – 12:30pm (1-hour class & ½ hour tea + coffee)	Phase IV Cardiac Rehabilitation	Hawley & Blackwater Leisure Centre, Camberley, GU17 9BW	Linda	£38.30/term DD £18.15/month
	12:40 – 1:40pm (1-hour class & ½ hour tea + coffee)	Pulmonary Maintenance	Hawley & Blackwater Leisure Centre, Camberley, GU17 9BW	Linda	£33.54/term DD £15.77/month
	1:30 – 2:15pm (45 min class & ½ hour tea + coffee)	Seated Pilates	Studio 24, Northfield Road, Church Crookham, GU52 6ED	Jen	£44.54/term DD £21.27/month
	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	£33.54/term DD £15.77/month
Tues	9:30 – 10:15am	Pilates	Hawley Memorial Hall, Camberley, GU17 9BW	Julia	£40.40/term DD £19.20/month
	10:30 – 11:15am	Pilates	Hawley Memorial Hall, Camberley, GU17 9BW	Julia	£40.40/term DD £19.20/month
	11:30 – 12:15pm	Seated Pilates	Hawley Memorial Hall, Camberley, GU17 9BW	Julia	£40.40/term DD £19.20/month
	5:45 – 6:45pm	Phase IV Cardiac Rehabilitation	Alderwood (Connaught) Leisure Centre, Aldershot, GU12 4AS	Heidi	£41.60/term DD £19.80/month
	7:30 – 8:30pm	Pilates	Wavell School, Farnborough, GU14 6BH	Becky	£41.60/term DD £19.80/month
Wed	9:15 – 10:15am	Phase IV Cardiac Rehabilitation	Hawley Memorial Hall, Camberley, GU17 9BW	Angela	£41.60/term DD £19.80/month
	9:45 – 10:30am (45 min class & ½ hour tea + coffee)	Seated Pilates	Princes Hall, Aldershot, GU11 1NX	Linda	£36.40/term DD £17.20/month
	10:30 – 11:30am (1-hour class & ½ hour tea + coffee)	Phase IV Cardiac Rehabilitation	Hawley Memorial Hall, Camberley, GU17 9BW	Angela	£41.60/term DD £19.80/month
	11:15 – 12:15pm (1-hour class & ½ hour tea + coffee)	Pulmonary Maintenance	Farnborough Masonic Centre, Farnborough, GU14 6BS	Linda	£36.40/term DD £17.20/month
	12:30 – 1:15pm (45 min class & ½ hour tea + coffee)	Steady & Strong	Farnborough Masonic Centre, Farnborough, GU14 6BS	Linda	£36.40/term DD £17.20/month
	1:30 – 2:15pm (45 min class & ½ hour tea + coffee)	Seated Pilates	Farnborough Masonic Centre, Farnborough, GU14 6BS	Linda	£36.40/term DD £17.20/month
Thurs	10:00-10:45am (45 min class & ½ hour tea + coffee)	Seated Exercise	Farnborough Masonic Centre, Farnborough, GU14 6BS	Alison	£36.40/term DD £17.20/month
	10:50-11:35pm (45 min class & ½ hour tea + coffee)	Seated Exercise	Farnborough Masonic Centre, Farnborough, GU14 6BS	Alison	£36.40/term DD £17.20/month
	6:10 – 7pm	Pilates	Wavell School, Farnborough, GU14 6BH	Nas	£41.60/term DD £19.80/month
Fri	9:30 – 10.20am	Pilates	St Augustine's Church, Aldershot, GU12 4SE	Jo	£39.60/term DD £18.80/month
	12 – 1pm	Pilates	St Augustine's Church, Aldershot, GU12 4SE	Jo	£39.60/term DD £18.80/month

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

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