



## RHL CLASS TIMETABLE

### Online Zoom Classes

For more information/to book email [classes@rhl.org.uk](mailto:classes@rhl.org.uk) or call **01252 957430**

DAY	CLASS	TIME	TUTOR	VENUE	COST PER MONTH by DD
Monday	ZOOM Pilates	9.00 - 9.45	Jo	Online Class	£12.83
Monday	ZOOM All Abilities Aerobics*	09.30 – 10.15	Alison	Online Class	£14.00
Monday	ZOOM Stretch & Relaxation*	19.00 - 19.55	Rosalyn	Online Class	£14.00
Tuesday	ZOOM Boxfit & Conditioning*	09.30 - 10.15	Nicky	Online Class	£14.00
Tuesday	ZOOM Phase IV Cardiac Rehab	18.00 - 19.00	Heidi	Online Class	£18.00
Tuesday	Pilates	19.30 - 20.30	Becky	Wavell School, North Camp Online Class	£19.80 face to face £14.00 online
Wednesday	ZOOM Early Morning Pilates*	06.45 - 7.30	Chris	Online Class	£14.00
Wednesday	ZOOM Zumba Gold	11.45 - 12.45	Daphne	Online Class	£14.00
Thursday	ZOOM Health Circuit (Suitable for Cardiac & COPD)	09.15 - 10.00	Linda	Online Class	£16.00
Thursday	Zoom Chair Pilates	10.15 - 11.00	Linda	Online Class	£14.00
Thursday	Seated Exercise	10.30 - 11.30	Alison	Masonic Centre, Farnborough Online Class	£18.00 face to face £14.00 online
Thursday	ZOOM Strength with Bands & Body Weight*	18.00 - 18.45	Neil	Online Class	£14.00
Friday	ZOOM Pilates	9.15 – 10.00	Jo	Online Class	£13.71

\*Classes with a \* are followed by optional 15 minutes virtual coffee & chat.

**BLUE** = online class via zoom

**GREEN** = face to face class and online spaces via zoom

**PLEASE NOTE cost includes a £1 per month discount for paying by Direct Debit. For all other payment methods please add £1 to the cost of the class.**

<b>CHAIR AEROBICS</b>	<p>Upbeat fun cardio workout all done from a chair. A fun aerobic exercise class that will get you moving, sweating &amp; smiling all in the safety of your chair!</p>
<b>STRETCH AND RELAXATION</b>	<p>A great way to help with stress management. Stretch &amp; lengthen your muscles in a relaxing class, that will help you to unwind, switch off &amp; learn some techniques for managing stress.</p>
<b>BOXFIT AND CONDITIONING</b>	<p>Ideal for those wanting a fun way to return to exercise. 20 minutes of boxfitness followed by 20 minutes of toning for the whole body. You will be punching &amp; kicking your way to fitness in this fun class, which is suitable for all!</p>
<b>PHASE IV CARDIAC REHABILITATION</b>	<p>A Phase 4 Cardiac rehab class for people who are in the long-term management of their cardiac condition, and want a regular, tailored exercise class to help keep their heart in its best health! *Medical referral is required</p>
<b>PILATES</b>	<p>Pilates helps to mobilise &amp; strengthen your core in a relaxed &amp; enjoyable class. This class will be multi-level so all are welcome.</p>
<b>SEATED EXERCISE</b>	<p>Seated exercise is a chair-based exercise class that is choreographed to music, working the whole body. Gentle exercises that help to improve co-ordination, mobility and muscular strength, whilst having fun and increasing confidence.</p>
<b>HEALTH CIRCUIT</b>	<p>Our health circuit class aims to improve general fitness and is suitable for all, including cancer rehabilitation and COPD members. This is a fun and friendly class, which will help to improve and manage your health &amp; fitness.</p>
<b>ZUMBA GOLD</b>	<p>Zumba Gold is a lower intensity version of a Zumba class but just as much fun and will get you moving with a smile on your face!</p>
<b>STRENGTH WITH BANDS AND BODYWEIGHT</b>	<p>A total body workout at your own pace A top to toe workout using bands &amp; your own body weight to create resistance &amp; an effective challenge, all whilst working at your own level.</p>