

# RHL's EXERCISE & REHABILITATION CLASSES

## TERM 2 2019 – MARCH AND APRIL

**MONDAY** classes will run from Monday 4<sup>th</sup> March – Monday 29<sup>th</sup> April – 8 weeks

**TUESDAY** classes will run from Tuesday 5<sup>th</sup> March – Tuesday 30<sup>th</sup> April – 9 weeks

**WEDNESDAY** classes will run from Wednesday 6<sup>th</sup> March – Wednesday 24<sup>th</sup> April – 8 weeks

**THURSDAY** classes will run from Thursday 7<sup>th</sup> March – Thursday 25<sup>th</sup> April – 8 weeks

**FRIDAY** classes will run from Friday 11<sup>th</sup> March – Friday 26<sup>th</sup> April – 7 weeks

**NO CLASSES:** Good Friday 19<sup>th</sup> April and Easter Monday 22<sup>nd</sup> April



DAY	TIME	CLASS	LOCATION	TUTOR	COST
<b>Mon</b>	9:20 – 10:20am (1-hour class & ½ hour tea + coffee)	Phase IV Cardiac Rehabilitation	Hawley & Blackwater Leisure Centre, Camberley, GU17 9BW	Linda	<b>£39.60</b> (£4.95/class) DD <b>£18.15/month</b>
	10:25 – 11:25am (1-hour class & ½ hour tea + coffee)	Phase IV Cardiac Rehabilitation	Hawley & Blackwater Leisure Centre, Camberley, GU17 9BW	Linda	<b>£39.60</b> (£4.95/class) DD <b>£18.15/month</b>
	11:30 – 12:30pm (1-hour class & ½ hour tea + coffee)	Phase IV Cardiac Rehabilitation	Hawley & Blackwater Leisure Centre, Camberley, GU17 9BW	Linda	<b>£39.60</b> (£4.95/class) DD <b>£18.15/month</b>
	12:40 – 1:40pm (1-hour class & ½ hour tea + coffee)	Pulmonary Maintenance Exercise	Hawley & Blackwater Leisure Centre, Camberley, GU17 9BW	Linda	<b>£34.40</b> (£4.30/class) DD <b>£15.77/month</b>
	1:30 – 2:15pm (45 min class & ½ hour tea + coffee)	Seated Pilates	Studio 24, Northfield Road, Church Crookham, GU52 6ED	Jen	<b>£46.40</b> (£5.80/class) DD <b>£21.27/month</b>
	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	<b>£34.40</b> (£4.30/class) DD <b>£18.15/month</b>
<b>Tues</b>	9:30 – 10:15am	Pilates	Hawley Memorial Hall, Camberley, GU17 9BW	Julia	<b>£43.20</b> (£4.80/class) DD <b>£19.20/month</b>
	10:30 – 11:15am	Pilates	Hawley Memorial Hall, Camberley, GU17 9BW	Julia	<b>£43.20</b> (£4.80/class) DD <b>£19.20/month</b>
	11:30 – 12:15pm	Seated Pilates	Hawley Memorial Hall, Camberley, GU17 9BW	Julia	<b>£43.20</b> (£4.80/class) DD <b>£19.20/month</b>
	5:45 – 6:45pm	Phase IV Cardiac Rehabilitation	Alderwood (Connaught) Leisure Centre, Aldershot, GU12 4AS	Heidi	<b>£44.55</b> (£4.95/class) DD <b>£19.80/month</b>
	7:30 – 8:30pm	Pilates	Wavell School, Farnborough, GU14 6BH	Becky	<b>£44.55</b> (£4.95/class) DD <b>£19.20/month</b>
<b>Wed</b>	9:45 – 10:30am (45 min class & ½ hour tea + coffee)	Seated Pilates	Princes Hall, Aldershot, GU11 1NX	Linda	<b>£34.40</b> (£4.30/class) DD <b>£17.20/month</b>
	10:30 – 11:30am (1-hour class & ½ hour tea + coffee)	Phase IV Cardiac Rehabilitation	Hawley Memorial Hall, Camberley, GU17 9BW	Angela	<b>£39.60</b> (£4.95/class) DD <b>£19.80/month</b>
	11:20 – 12:20pm (1-hour class & ½ hour tea + coffee)	Pulmonary Maintenance Exercise	Aldershot Military Museum, Queens Avenue, Aldershot, GU11 2LG	Linda	<b>£34.40</b> (£4.30/class) DD <b>£17.20/month</b>
	12:45 – 13:30pm (45 min class & ½ hour tea + coffee)	Steady & Strong	Aldershot Military Museum, Queens Avenue, Aldershot, GU11 2LG	Linda	<b>£34.40</b> (£4.30/class) DD <b>£17.20/month</b>
	1:45 – 2:30pm (45 min class & ½ hour tea + coffee)	Seated Pilates	Aldershot Military Museum, Queens Avenue, Aldershot, GU11 2LG	Linda	<b>£34.40</b> (£4.30/class) DD <b>£17.20/month</b>
<b>Thurs</b>	10:00-10:45am (45 min class & ½ hour tea + coffee)	Seated Exercise	Aldershot Military Museum, Queens Avenue, Aldershot, GU11 2LG	Alison	<b>£34.40</b> (£4.30/class) DD <b>£17.20/month</b>
	11:15-12:00pm	Seated Exercise	Aldershot Military Museum, Queens Avenue, Aldershot, GU11 2LG	Alison	<b>£34.40</b> (£4.30/class) DD <b>£17.20/month</b>
	6:10 – 7pm	Pilates	Wavell School, Farnborough, GU14 6BH	Nas	<b>£39.60</b> (£4.95/class) DD <b>£19.80/month</b>
<b>Fri</b>	12 – 1pm	Pilates	St Augustine's Church, Aldershot, GU12 4SE	Jo	<b>£28.80</b> (£4.80/class) DD <b>£18.80/month</b>

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

## RHL TERM 2 2019 MARCH AND APRIL

### Class Updates

- Wednesday morning cardiac class will return to Hawley Memorial Hall with our lovely new instructor – Angela! The class will now run from 10:30 – 11:30am followed by tea & coffee
- Aldershot cardiac class – after running a Phase IV class in Aldershot we have recognised that there is the need for a class in this area. We are investigating the possibility of running a Thursday morning class & would like people to register their interest so we can establish if there is sufficient demand!
- Linda's Wednesday morning class times – due to Linda no longer covering the Wednesday am cardiac classes her classes will now run at the below times for term 2
- Jo's Pilates class won't be running on 8<sup>th</sup> March due to a funeral happening at the church.
  - Seated Pilates 9:45 – 10:30am followed by tea & coffee (upstairs) at Princes Hall
  - Pulmonary Maintenance 11.20 – 12.20pm followed by tea & coffee (back in the room) at Aldershot Military Museum
  - Steady and Strong 12:45 – 1:30pm followed by tea & coffee (at the museum café, 50p per cup)
  - Seated Pilates 1:45 – 2:30pm followed by tea & coffee (at the museum café, 50p per cup)



**How will you  
care  
for your community  
this year?**

Your support goes direct to local  
causes in **YOUR** community

- Help RHL make a real difference to people's lives
- Help remove barriers, improve physical & mental health and reduce isolation
- For just £1 a week you can support our amazing community work
- As well as doing something great for local good causes, you also get the chance to win £25,000 each week

To start supporting, visit:

**[www.rushmoorlottery.co.uk](http://www.rushmoorlottery.co.uk)**

and search for: **Healthy Living**



Supporters must be 16 years of age or older  
See website for terms and conditions

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