



## RUSHMOOR HEALTHY LIVING

### COMMUNITY BASED EXERCISE & REHABILITATION CLASSES

**TERM 4 2017 JULY + AUGUST = 9 WEEKS!**

Monday classes will run- 3<sup>rd</sup> July – 21 August (NO Class on 28 August – BH) = 8 weeks

Tuesday classes will run- 4<sup>th</sup> July – 29<sup>th</sup> August = 9 weeks

Wednesday classes will run- 5<sup>th</sup> July – 30<sup>th</sup> August = 9 weeks

Thursday classes will run- 6<sup>th</sup> July – 31<sup>st</sup> August = 9 weeks

Friday classes will run- 7<sup>th</sup> July – 1 September = 9 weeks

DAY	TIME	CLASS	LOCATION	TUTOR	COST
Monday <b>NO CLASS 28/8</b>	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 <b>NO CLASS 28/8</b>	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 <b>NO CLASS 28/8</b>	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 <b>NO CLASS 28/8</b>	12.40 – 1.40 pm (1 hour class & ½ hour tea + coffee)	Pulmonary Maintenance Exercise	Hawley & Blackwater Leisure Centre, Camberley, GU17 9BW	Linda	£4.00 2 classes PW =£6.50
Monday <b>NO CLASS 28/8</b>	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	£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	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	Becky	£4.95 2 classes PW =£8.00
Wednesday <b>NO CLASS 19/7</b>	10 – 11.15 am (45 min class & ½ hour tea + coffee)	Seated Pilates	Princes Hall, Aldershot, GU11 1NX	Linda	£4.00
Wednesday <b>NO CLASS 12/7</b>	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 <b>NO CLASS 19/7 + 2/8</b>	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 <b>NO CLASS 19/7 + 2/8</b>	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 <b>NO CLASS 12/7 + 19/7 + 2/8</b>	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	11.15 – 12 pm	Seated Exercise	Farnborough Community Centre, Farnborough, GU14 7LE	Alison	£3.50
Thursday	6 – 6.50 pm	Pilates	Wavell School, Farnborough, GU14 6BH	Becky	£4.50 2 classes PW =£8.00
Thursday	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 4 JULY AND AUGUST UPDATES

- Please note that there will be no classes on Monday 28<sup>th</sup> August due to it being a Bank Holiday so Monday classes will be 8 weeks in durations!
- Wednesday 10 am Seated Pilates will not run on the 19<sup>th</sup> July so this class will be 8 weeks in duration.
- Wednesday 10 am Cardiac Rehabilitation will not run on the 12<sup>th</sup> July so this class will be 8 weeks in duration.
- Wednesday 2.30 pm Health Circuit incorporating Cancer Rehabilitation will not run on 12<sup>th</sup> and 19<sup>th</sup> July and 2<sup>nd</sup> August so this class will be 6 weeks in duration.
- Wednesday 12 pm Pulmonary and 1.15 pm Steady and Strong will not run on the 19<sup>th</sup> July and 2<sup>nd</sup> August so these classes will be 7 weeks in duration.

**NEW CLASS** – Pilates – 6 – 6.50 pm on Thursdays at Wavell School – booking is essential as spaces are limited and discount available for those already doing the Tuesday evening Pilates!

### Payments

- Please see table below for the cost of your class and Term 4 is set up online for any online payments.
- When paying by cheque please remember to pop the class you attend on the back on your cheque!

CLASS	COST FOR 9 WEEK COURSE	
CARDIAC REHABILITATION (MON + TUES + WEDS + THURS)	£44.55	<b>8 weeks = £39.60</b>
PULMONARY MAINTENANCE (MON + WEDS)	£36.00	<b>8 weeks = £32.00</b> <b>7 weeks = £28.00</b>
HEALTH CIRCUIT (MON + WEDS) (CANCER REHABILITATION)	£36.00	<b>8 weeks = £32.00</b> <b>6 weeks = £24.00</b>
PILATES (TUES + FRI AM + THURS PM)	£40.50	
PILATES (TUES PM)	£44.55	2 classes per week with Thursday pm class = £8.00
SEATED PILATES (TUES AM)	£40.50	
SEATED PILATES (WEDS AM)	£36.00	<b>8 weeks = £32.00</b>
STEADY AND STRONG (WEDS)	£36.00	<b>7 weeks = £28.00</b>
SEATED EXERCISE (THURS)	£31.50	

Thank you for your continued support of RHL and our classes and I hope you enjoy another term!

I just wanted to let you all know that I am going on maternity leave from the end of June and while I am off the team at RHL is going to help oversee the classes. Kamala will be the main point of contact so please do get in touch with her via email on [kamala.subba@rhl.org.uk](mailto:kamala.subba@rhl.org.uk) or please do call the office on 01252 362 660 and whichever staff member is in the office will be able to help you.

I hope you all enjoy a lovely summer – I will be quite pleased if it calls down a little bit and I will look forward to speaking with you all / seeing you next year.

Best Wishes

Zoe (and the team at RHL)

