

RHL's COMMUNITY BASED EXERCISE & REHABILITATION CLASSES

TERM 6 2018 NOVEMBER + DECEMBER = 7 WEEKS!

MONDAY classes will run from Monday 5th November – Monday 17th December

TUESDAY classes will run from Tuesday 6th November – Tuesday 18th December

WEDNESDAY classes will run from Wednesday 7th November – Wednesday 19th December

THURSDAY classes will run from Thursday 8th November – Thursday 20th December

FRIDAY classes will run from Friday 9th November – Friday 21st December



- **Christmas Party week!!** W/C 17th December
- **CHRISTMAS BREAK** (CLOSED – NO CLASSES) – W/C Monday 24th December and W/C Monday 31st January
- **TERM 1 2019** STARTS W/C Monday 7th January!

DAY	TIME	CLASS	LOCATION	TUTOR	COST
Mon	9:20 – 10:20am	Phase IV Cardiac Rehabilitation	Hawley & Blackwater Leisure Centre, Camberley, GU17 9BW	Linda	£34.65 (£4.95/class)
	10:25 – 11:25am	Phase IV Cardiac Rehabilitation	Hawley & Blackwater Leisure Centre, Camberley, GU17 9BW	Linda	£34.65 (£4.95/class)
	11:30 – 12:30pm	Phase IV Cardiac Rehabilitation	Hawley & Blackwater Leisure Centre, Camberley, GU17 9BW	Linda	£34.65 (£4.95/class)
	12:40 – 1:40pm (1-hour class & ½ hour tea + coffee)	Pulmonary Maintenance Exercise	Hawley & Blackwater Leisure Centre, Camberley, GU17 9BW	Linda	£30.10 (£4.30/class)
	1:30 – 2:45pm (45 min class & ½ hour tea + coffee)	Seated Pilates	Studio 24, Northfield Road, Church Crookham, GU52 6ED	Jen	£40.60 (£5.80/class)
	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	£30.10 (£4.30/class)
Tues	9:30 – 10:15am	Pilates	Hawley Memorial Hall, Camberley, GU17 9BW	Julia	£33.60 (£4.80/class)
	10:30 – 11:15am	Pilates	Hawley Memorial Hall, Camberley, GU17 9BW	Julia	£33.60 (£4.80/class)
	11:30 – 12:15pm	Seated Pilates	Hawley Memorial Hall, Camberley, GU17 9BW	Julia	£33.60 (£4.80/class)
	5:45 – 6:45pm	Phase IV Cardiac Rehabilitation	Alderwood (Connaught) Leisure Centre, Aldershot, GU12 4AS	Heidi	£29.70 (£4.95/class)
	7:30 – 8:30pm	Pilates	Wavell School, Farnborough, GU14 6BH	Becky	£34.65 (£4.95/class)
Wed	9:45 – 10:30am (45 min class & ½ hour tea + coffee)	Seated Pilates	Princes Hall, Aldershot, GU11 1NX	Linda	£30.10 (£4.30/class)
	10 – 11:30am (1-hour class & ½ hour tea + coffee)	Phase IV Cardiac Rehabilitation	Hawley Memorial Hall, Camberley, GU17 9BW	Heidi	£34.65 (£4.95/class)
	10:45 – 11:30am	Steady & Strong	Princes Hall, Aldershot, GU11 1NX	Linda	£30.10 (£4.30/class)
	12 – 1:30pm (1-hour class & ½ hour tea + coffee)	Pulmonary Maintenance Exercise	Aldershot Military Museum, Queens Avenue, Aldershot, GU11 2LG	Linda	£25.80 (£4.30/class)
	1:30 – 2:15pm (45 min class & ½ hour tea + coffee)	Seated Pilates	Aldershot Military Museum, Queens Avenue, Aldershot, GU11 2LG	Linda	£30.10 (£4.30/class)
Thurs	10:00 – 10:45am (45 min class & ½ hour tea + coffee)	Seated Exercise	Farnborough Community Centre, Farnborough, GU14 7LE	Alison	£30.10 (£4.30/class)
	11:15 – 12:00pm	Seated Exercise	Farnborough Community Centre, Farnborough, GU14 7LE	Alison	£30.10 (£4.30/class)
	6:10 – 7pm	Pilates	Wavell School, Farnborough, GU14 6BH	Nas	£29.70 (£4.95/class)
Fri	12 – 1pm	Pilates	St Augustine's Church, Aldershot, GU12 4SE	Jo	£33.60 (£4.80/class)

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