



## **RHL CLASS DESCRIPTIONS**

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

### **FACE TO FACE CLASSES**

<b>PILATES</b>	Pilates is a form of body conditioning which focuses on the core postural muscles which help to keep the body balanced, and which are essential to providing support for the spine. This type of exercise was developed by Joseph Pilates in the early twentieth century to teach awareness of breath and alignment of the spine, and to strengthen the deep torso muscles. This particularly improves core abdominal strength, but it also effectively tones and stretches all areas of the body in a relaxed and enjoyable atmosphere. helps to maintain functional strength and mobility to perform everyday tasks like reaching overhead items, putting on shoes, going up the stairs, getting out of bath etc	<b>Suitable for ALL</b>
<b>CHAIR PILATES</b>	Have you always wanted to try Pilates but have limited mobility or are worried about getting down and up from the floor? Then SEATED Pilates is for you - this fun & friendly class uses traditional & adapted Pilates exercises to strengthen & lengthen your muscles, improve your posture, balance, mobility, flexibility & mental well-being; all with the use of a chair for help & support.	<b>Suitable for ALL</b>
<b>SEATED EXERCISE</b>	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.	<b>Suitable for ALL</b>
<b>MOVE IT OR LOSE IT</b>	Move It or Lose It class includes mixed exercise to help you improve your aerobic health, balance, strength and flexibility for greater independence and stamina Class includes a warm-up, resistance bands, balance and flexibility exercises. The class is mostly seated with some standing for balance. Chair support and/or seated exercise is offered for those unable to stand for balance. Exercises can be adapted to suit different levels of ability and age-related health conditions. The aims of the class are to have fun exercising in a friendly, class setting and improve your health so you can continue to enjoy the activities you have always loved and stay physically active and independent. All equipment is supplied.	<b>Suitable for ALL</b>
<b>HEALTH CIRCUIT</b>	Our health circuit is a low impact circuit class with a variety of exercises to improve aerobic, strength and functional fitness for an all-around general fitness.  This class is open to all but also suitable for Cardiac, Pulmonary and Cancer rehabilitation	<b>Suitable for ALL</b>



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REHABILITATION CLASSES		
PHASE IV CARDIAC REHABILITATION	Our Phase 4 Cardiac rehab class is a follow on from the NHS phase 3 Cardiac rehab session. Led by our qualified BACAPR instructors for people who are in the long-term management of their cardiac condition and want the best for their heart health! Our classes are set in the same format to the phase 3 exercise session. <b>*Medical referral is required</b>	<b>Medical Referral</b>
PULMONARY MAINTENANCE	Our Pulmonary Maintenance classes are for people with respiratory issues who would like to improve their general fitness or continue exercising following from the NHS pulmonary physio rehabilitation sessions. We offer safe and effective exercise led by an instructor qualified in this type of specialist exercise. This is a circuit style class that provides the opportunity to exercise at your own pace and within your own limits, but in a friendly class atmosphere together with people with similar health conditions. <b>*Medical referral required</b>	<b>Medical Referral</b>
ZOOM ONLINE CLASSES		
PILATES	Concentrating on the body core to promote strength, stability, and flexibility to support everyday movements. please note this is a floor-based class. A mat and resistance band required	<b>Suitable for ALL</b>
KEEP MOVING KEEP FIT	A fun upbeat class working to music to encourage a gentle cardiovascular workout.	<b>Suitable for ALL</b>
CHAIR PILATES	A Pilates class for people with limited mobility who are worried about getting up and down from the floor. Using traditional & adapted Pilates exercises to help strengthen and improve posture, balance, mobility, flexibility all with the support of a chair. Resistance bands required	<b>Suitable for ALL</b>
TAI CHI	Ancient Chinese Martial Art using gentle graceful movements that stimulate "Chi" or energy flow through the meridian system, developing a more efficient body function for health and longevity. Tai Chi calms the mind, improves balance and flexibility, strengthens the immune system and is suitable for all ages.	<b>Suitable for ALL</b>
HEALTH CIRCUIT	A low impact circuit style class to improve general fitness– this class is open to everyone and suitable for Cardiac & Pulmonary Rehab - Resistance bands, dumbbells or suitable alternative required	<b>Suitable for ALL</b>
WEEKEND WORKOUT	A fun upbeat cardiovascular workout to get us ready for the weekend.	<b>Suitable for ALL</b>