



RHL Class Timetable: CARDIAC / PULMONARY REHAB & HEALTH CIRCUIT

For more information/ to book: email classes@rhl.org.uk or call 01252 957 430

DAY	CLASS	TIME	TUTOR	VENUE	COST PER CLASS **
Monday	Phase IV Cardiac Rehab	8:30 – 9:20 am	Claire	Cove Bowling Club Farnborough	£5.40
Monday	Phase IV Cardiac Rehab	9:30 - 10:20 am	Becky	Hawley Leisure Centre	£5.40
Monday	Phase IV Cardiac Rehab	10:30 - 11:20 am	Becky	Hawley Leisure Centre	£5.40
Monday	Pulmonary Rehab	11:00 – 11:45 am	Claire	Cove Bowling Club Farnborough	£5.40
Monday	Pulmonary Rehab	14:00 – 14:50 pm	Becky	Places for Leisure Camberley	£5.80
Monday	Pulmonary Rehab	15:00 – 15:50 pm	Becky	Places for Leisure Camberley	£5.80
Monday	Phase IV Cardiac Rehab	17:00 – 17:50 pm	Claire	Frogmore Leisure Centre	£5.40
Monday	Phase IV Cardiac Rehab	17:00 – 17:50 pm	Becky	Community Centre Church Crookham	£5.40
Monday	Phase IV Cardiac Rehab	18:10 – 19:00 pm	Claire	Frogmore Leisure Centre	£5.40
Tuesday	Phase IV Cardiac Rehab	17:00 – 18:00 pm	Becky	Community Centre Church Crookham	£5.40
Tuesday	Health Circuit	18:00 – 18:50 pm	Claire	ZOOM – ONLINE	£4.90
Wednesday	Phase IV Cardiac Rehab	9:30 – 10:20 am	Claire	Hawley Leisure Centre	£5.40
Wednesday	Phase IV Cardiac Rehab	10:30 - 11:20 am	Claire	Hawley Leisure Centre	£5.40
Wednesday	Health Circuit	11:30 – 12:20 pm	Claire	Hawley Leisure Centre	£5.40
Wednesday	Pulmonary Rehab	12:30 – 13:20 pm	Claire	Hawley Leisure Centre	£5.40
Wednesday	INDUCTION Class	13:30 – 14:30 pm	Claire	Hawley Leisure Centre	3 Weeks Free*
Wednesday	Pulmonary Rehab	15:00 – 15:45 pm	Becky	Community Centre Church Crookham	£5.40
Thursday	Phase IV Cardiac Rehab	9:20 – 10:20 am	Linda	Princes Hall Aldershot	£5.40
Thursday	Health Circuit	10:30 – 11:15 am	Linda	Princes Hall Aldershot	£5.40
Friday	Pulmonary Rehab	10:55 – 11:40 am	Linda	The Traction Club Aldershot	£5.40

HEALTH CIRCUIT: Suitable for Cardiac, Pulmonary, and other health conditions, as well as for those looking to improve general health & fitness.

INDUCTION HEALTH CIRCUIT: First 3 weeks FREE* for all new Cardiac & Pulmonary members to RHL in a smaller induction class to enable our tutors to assess your needs and medical history. Also, for you to become familiar with the format and exercises before you progress into your new class. Additional 50% off first month payment, Hampshire residents only (due to subsidised funding) *limited time offer

Please note, a medical referral (Phase 3, Pulmonary Physio or GP) is required for this class. Contact RHL for more information.

**** All payments are taken monthly by Direct Debit**