



RHL CLASS TIMETABLE –OCTOBER 2021 onwards

PURPLE = face to face class **BLUE** = online class via zoom

GREEN = face to face class and 4 online spaces via zoom

PLEASE NOTE cost includes a £1 per month discount for paying by Direct Debit. For all other payment methods please add £1 to the costs shown below

For more information and to book a free trial class please email classes@rhl.org.uk or call & leave a message on **01252 957430** and we will get back to you

DAY	CLASS	TIME	INSTRUCTOR	VENUE	COST PER MONTH by DD
Monday	ZOOM Pilates	9.00 – 9.45	Jo	Zoom Online class	£12.83
Monday	Pilates	12.35 – 13.20	Jo	Masonic Centre, Farnborough	£17.60
Monday	Move It or Lose It	13.35 – 14.35	Anita	Masonic Centre, Farnborough	£16.50
Tuesday	Pilates	12.00 – 12.45	Giselle	Hawley Memorial Hall	£19.20
Tuesday	Chair Pilates	13.00 – 13.45	Giselle	Hawley Memorial Hall	£18.00
Tuesday	ZOOM Phase IV Cardiac Rehab	17.45 – 18.45	Heidi	Zoom Online class	£18.00
Tuesday	Pilates	19.30 – 20.15	Becky	Wavell School, North Camp + 4 online via zoom	£19.80 face to face £14.00 online
Wednesday	Chair Pilates	9.45 – 10.30	Linda	Masonic Centre, Farnborough	£18.00
Wednesday	Pilates	10.30 – 11.15	Becky	Darby Green Centre	£19.20
Wednesday	Phase IV Cardiac Rehab	10.40 - 11.30	Linda	Masonic Centre, Farnborough	£19.80

Wednesday	Chair Pilates	11.30 – 12.15	Becky	Darby Green Centre	£18.00
Wednesday	COPD	11.40 – 12.30	Linda	Masonic Centre, Farnborough	£18.00
Wednesday	ZOOM Seated Zumba Gold	11.45-12.30	Daphne	Zoom Online class	£14.00
Thursday	ZOOM Health Circuit (suitable for Cardiac & COPD)	09.15 – 10.00	Linda	Zoom Online class	£16.00
Thursday	Seated Exercise	10.30 – 11.30	Alison	Masonic Centre, Farnborough + 4 online via zoom	£18.00 face to face £14.00 online
Thursday	ZOOM Chair Pilates	18.00 – 18.45	Linda	Zoom Online class	£14.00
Thursday	Pilates	18.10 - 19.00	Nas	Wavell School, North Camp	£19.80
Friday	ZOOM Pilates	9.15 – 10.00	Jo	Zoom Online class	£13.71
Friday	Phase IV Cardiac Rehab	9.30 - 10.20	Caroline	Hawley Leisure Centre	£19.39
Friday	Phase IV Cardiac Rehab	10.30 - 11.20	Caroline	Hawley Leisure Centre	£19.39
Friday	Pilates	12.00 – 13.00	Jo	St Augustine's Church, Aldershot	£18.80

CHAIR PILATES	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.
COPD	Our COPD (Pulmonary Maintenance) classes are for people who suffer from lung disease and would like to improve their general fitness. We offer safe and effective exercise led by an instructor qualified in this type of specialist exercise. The class 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. *Medical referral required
MOVE IT OR LOSE IT	Move It or Lose It class includes mixed exercise to help you improve your flexibility, aerobic health, balance and strength for greater independence. Class includes a warm-up, aerobic strength with resistance bands, balance and flexibility. All of the exercises can be done seated or standing with safe, gentle encouragement for progression. Exercises are related to activities of daily living and 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.
PHASE IV CARDIAC REHABILITATION	A Phase 4 Cardiac rehab class for people who are in the long-term management of their cardiac condition, and want a regular, tailored exercise class to help keep their heart in its best health! *Medical referral is required
PILATES	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.
SEATED DANCE	A great all-round exercise class that improves balance, posture, coordination and muscle strength whilst also boosting mental-wellbeing! The classes start with warm up, mobilisation and foot exercises and then progress through routines and exercises across a variety of music and movement styles... from musical theatre to salsa and pop! There is the option to come to standing for the last two exercises before the class finishes with a relaxation and cool

	<p>down. No previous dance experience necessary, just a chair and water needed.</p> <p>Very friendly and supportive group, come and give the class a go!</p>
SEATED EXERCISE	<p>Seated exercise is a chair based exercise class that is choreographed to music, working the whole body.</p> <p>Gentle exercises that help to improve co-ordination, mobility and muscular strength, whilst having fun and increasing confidence.</p>
HEALTH CIRCUIT	<p>Our health circuit class aims to improve general fitness and is suitable for all, including cancer rehabilitation and COPD members.</p> <p>This is a fun and friendly class, which will help to improve and manage your health & fitness.</p>
SEATED ZUMBA GOLD	<p>Zumba Gold is a lower intensity version of a Zumba class but just as much fun and will get you moving with a smile on your face :)</p> <p>This class is on Zoom will be seated throughout.</p>