



RUSHMOOR HEALTHY LIVING

COMMUNITY BASED EXERCISE & REHABILITATION CLASSES

TERM 5 2017 SEPTEMBER + OCTOBER = 9 WEEKS!

Monday classes will run- 4th September – 30th October = 9 weeks

Tuesday classes will run- 5th September – 31st October = 9 weeks

Wednesday classes will run- 6th September – 1st November = 9 weeks

Thursday classes will run- 7th September – 2nd November = 9 weeks

Friday classes will run- 8th September – 3rd November = 9 weeks

DAY	TIME	CLASS	LOCATION	TUTOR	COST
Monday	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	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	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	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	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	10 – 11.15 am (45 min class & ½ hour tea + coffee)	Seated Pilates	Princes Hall, Aldershot, GU11 1NX	Linda	£4.00
Wednesday NO CLASS 20/9	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	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	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	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 5 SEPTEMBER AND NOVEMBER UPDATES

- There are no changes / new classes this term!
- All term 5 classes are 9 weeks in duration except-
 - Wednesday 10 am Cardiac which will be 8 weeks due no to class on 20th September.

Payments

- Please see table below for the cost of your class and Term 5 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	NEW PRICE FROM 1 ST MARCH 2017	COST FOR 9 WEEK COURSE	
CARDIAC REHABILITATION (MON + TUES + WEDS + THURS)	£4.95 2 classes per week £8.50	£44.55	8 weeks = £39.60
PULMONARY MAINTENANCE (MON + WEDS)	£4.00 2 classes per week £6.50	£36.00	7 weeks = £28.00
HEALTH CIRCUIT (MON + WEDS) (CANCER REHABILITATION)	£4.00	£36.00	8 weeks = £32.00 6 weeks = £24.00
PILATES (TUES + FRI AM + THURS PM)	£4.50	£40.50	
PILATES (TUES PM)	£4.95	£44.55	2 classes per week with Thursday pm class = £8.00
SEATED PILATES (TUES AM)	£4.50	£40.50	
SEATED PILATES (WEDS AM)	£4.00	£36.00	8 weeks = £32.00
STEADY AND STRONG (WEDS)	£4.00	£36.00	7 weeks = £28.00
SEATED EXERCISE (THURS)	£3.50	£31.50	

Thank you for your continued support of RHL and our classes and I hope you enjoy another term!
Please do contact the office if you have any queries or questions.

The Team at RHL

