



RHL CLASS TIMETABLE

ZOOM online Classes

For more information/to book email classes@rhl.org.uk or call **01252 957430**

Zoom codes will be sent via email on enrolment to the class.

DAY	CLASS	TIME	TUTOR	COST PER CLASS **
Monday	Pilates	9:00 – 9:45 am	Jo	£3.50
Monday	Keep Moving Keep Fit	9:30 – 10:15 am	Alison	£3.82
Monday	Chair Pilates	10:30 – 11:15 am	Nicky	£3.50
Monday	Tai Chi	12:30 – 13:30 pm	Rosalyn	£4.50
Tuesday	Health Circuit	18:00 – 18:50 pm	Claire	£4.90
Tuesday	Health Circuit	9:15 – 10:00 am	Becky	£4.00
Thursday	Seated Exercise	10:30 – 11:30 am	Alison	£3.50
Friday	Pilates	9:15 – 10:00 am	Jo	£3.50

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

CLASS DESCRIPTION	
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
Keep moving Keep fit	A fun upbeat class working to music to encourage a gentle cardiovascular workout.
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
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.
Health Circuit	A low impact circuit style class to improve general fitness– this class is open to everyone and is also suitable for Cardiac & Pulmonary Rehab Resistance bands, dumbbells or suitable alternative required