



## RHL CLASS TIMETABLE

### Face to Face Classes

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

DAY	CLASS	TIME	TUTOR	VENUE	COST PER MONTH by DD
Monday	Legs, Bums & Tums	09.15 –10.00	Nicky	Parsonage Farm School Hall	£13.65
Monday	Cardiac	09.30 –10.20	Neil	Hawley Memorial Hall	£19.80
Monday	Cardiac	10.30 - 11.20	Neil	Hawley Memorial Hall	£19.80
Monday	Pilates	12.35 - 13.20	Jo	Masonic Centre, Farnborough	£18.15
Monday	Move It or Lose It	13.35 - 14.35	Anita	Masonic Centre, Farnborough	£17.42
Tuesday	Pilates	12.00 - 12.45	Giselle	Hawley Memorial Hall	£19.80
Tuesday	Chair Pilates	13.00 - 13.45	Giselle	Hawley Memorial Hall	£19.00
Tuesday	Cardiac	17.00 - 17.50	Becky	Church Crookham Community Centre	£21.60
Tuesday	Pilates	19.30 - 20.30	Becky	Wavell School, Online Class	£21.60 £14.00 online
Wednesday	Pilates	10.30 - 11.15	Becky	Darby Green Centre	£23.20
Wednesday	Phase IV Cardiac Rehab	10.10 - 11.00	Linda	Masonic Centre, Farnborough	£21.60
Wednesday	COPD	11.10 - 12.00	Linda	Masonic Centre, Farnborough	£19.00
Wednesday	Chair Pilates	11.15 - 12.10	Rosalyn	Church Crookham Community Centre	£19.00
Wednesday	Chair Pilates	11.30 - 12.15	Becky	Darby Green Centre	£22.00
Thursday	Pilates	10.30 –11.30	Caroline	Studio 24, Church Crookham	£36.00
Thursday	Seated Exercise	10.30 - 11.30	Alison	Masonic Centre, Fboro Online Class	£19.00 £14.00 online
Thursday	Pilates	18.10 - 19.00	Nas	Wavell School, North Camp	£21.60
Friday	Chair Pilates	09.45 - 10.30	Linda	Aldershot Traction Club	£18.60
Friday	Phase IV Cardiac Rehab	9.30 - 10.20	Neil	Hawley Leisure Centre	£21.15
Friday	COPD	10.40 - 11.25	Linda	The Traction Club, Aldershot	£18.60

Friday	Phase IV Cardiac Rehab	10.30 - 11.20	Neil	Hawley Leisure Centre	£21.15
Friday	Pilates	12.00 - 13.00	Jo	St Augustine's Church, Aldershot	£19.39

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

Cost includes a £1 per month discount for paying by DD. £1 per month is added to all other payment methods

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 EXERCISE	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.

HEALTH CIRCUIT	Our health circuit class aims to improve general fitness and is suitable for all, including cancer rehabilitation and COPD members. This is a fun and friendly class, which will help to improve and manage your health & fitness.
ZUMBA GOLD	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.
LEGS, BUMS & TUMS	Legs, Bums & Tums: The class offers a fun and easy to follow aerobic routine to warm you up, followed by toning exercises to target those key areas (legs, bums and tums!). You'll need a mat for some floor based work (or use a chair if you prefer). The class will end with a lovely top-to-toe stretch out.