



RHL CLASS TIMETABLE

Online Zoom Classes

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

Monthly payment amounts are calculated to exclude ALL bank holidays, two weeks for Christmas break and two extra weeks to allow for any unforeseen class cancellations.

DAY	CLASS	TIME	TUTOR	VENUE	COST PER MONTH by DD
Monday	ZOOM Pilates	9.00 - 9.45	Jo	Online Class	£12.83
Monday	ZOOM All Abilities Aerobics*	09.30 – 10.15	Alison	Online Class	£14.00
Monday	ZOOM Stretch & Relaxation*	19.00 - 19.55	Rosalyn	Online Class	£14.00
Tuesday	ZOOM Boxfit & Conditioning*	09.30 - 10.15	Nicky	Online Class	£14.00
Tuesday	ZOOM Phase IV Cardiac Rehab	18.00 - 19.00	Heidi	Online Class	£18.00
Tuesday	Pilates	19.30 - 20.30	Becky	Wavell School, North Camp Online Class	£19.80 face to face £14.00 online
Wednesday	ZOOM Early Morning Pilates*	06.45 - 7.30	Chris	Online Class	£14.00
Thursday	ZOOM Health Circuit (Suitable for Cardiac & COPD)	09.15 - 10.00	Linda	Online Class	£16.00
Thursday	Zoom Chair Pilates	10.15 - 11.00	Linda	Online Class	£14.00
Thursday	Seated Exercise	10.30 - 11.30	Alison	Masonic Centre, Farnborough Online Class	£18.00 face to face £14.00 online
Friday	ZOOM Pilates	9.15 – 10.00	Jo	Online Class	£13.71
Saturday	Zoom Walking Workout	09.00 – 09.45 *	Linda	Online Class	£14.00
Saturday	Zoom Tai Chi	10.00 – 10.45	Rosalyn	Online Class	£14.00

*Classes with a * are followed by optional 15 minutes virtual coffee & chat.

BLUE = online class via zoom

GREEN = face to face class and 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 cost of the class.

CHAIR AEROBICS	<p>Upbeat fun cardio workout all done from a chair. A fun aerobic exercise class that will get you moving, sweating & smiling all in the safety of your chair!</p>
STRETCH AND RELAXATION	<p>A great way to help with stress management. Stretch & lengthen your muscles in a relaxing class, that will help you to unwind, switch off & learn some techniques for managing stress.</p>
BOXFIT AND CONDITIONING	<p>Ideal for those wanting a fun way to return to exercise. 20 minutes of boxfitness followed by 20 minutes of toning for the whole body. You will be punching & kicking your way to fitness in this fun class, which is suitable for all!</p>
PHASE IV CARDIAC REHABILITATION	<p>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</p>
PILATES	<p>Pilates helps to mobilise & strengthen your core in a relaxed & enjoyable class. This class will be multi-level so all are welcome.</p>
SEATED EXERCISE	<p>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.</p>
HEALTH CIRCUIT	<p>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.</p>
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>
STRENGTH WITH BANDS AND BODYWEIGHT	<p>A total body workout at your own pace A top to toe workout using bands & your own body weight to create resistance & an effective challenge, all whilst working at your own level.</p>