



# Cancer Rehabilitation

## Exercise Classes

### TASTER CLASSES 2016



These classes aim to improve general fitness, help with the side effects of treatment and aid recovery.

A fun and friendly circuit style class aimed at anyone who is being treated for or recovering from cancer.

Our fully qualified Level 4 Cancer rehabilitation instructor will adapt and tailor the exercises, if required, to suit individual needs but in a group setting.

The class will last for one hour and then be followed by half an hour for tea & coffee.

<p><b>ALDERSHOT RUGBY CLUB</b> (Heron Wood Road, GU12 4AL)</p> <p><b>MONDAY 7<sup>TH</sup> NOVEMBER</b></p> <p><b>MONDAY 21<sup>ST</sup> NOVEMBER</b></p> <p><b>MONDAY 5<sup>TH</sup> DECEMBER</b></p> <p><b>10.30 am – 11.30 am</b></p>	<p><b>NORTH CAMP METHODIST CHURCH</b> (Lynchford Road, GU14 6EG)</p> <p><b>WEDNESDAY 2<sup>ND</sup> NOVEMBER</b></p> <p><b>WEDNESDAY 16<sup>TH</sup> NOVEMBER</b></p> <p><b>WEDNESDAY 30<sup>TH</sup> NOVEMBER</b></p> <p><b>3.45 – 4.45 pm</b></p>
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The classes will last for 1 hour and will be followed with tea & coffee (& a biscuit!) for half an hour!

**2 classes for FREE and then £3.50 a per class**

Please come along and try your first 2 classes for FREE – you can do 1 class at each venue or 2 classes at the same venue!

After the taster classes we hope to run 1 permanent weekly class in the New Year- any feedback for this will be greatly appreciated.

*Supported By*



Please contact us for more information - **RUSHMOOR HEALTHY LIVING**

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