



Terri Bryant - Autumn 2010 Part 1

20 The Smithy, Denmead, Hampshire, PO7 6YS Tel: 023 9224 1764 Mobile: 078 5484 8201

e-mail: terribryant@btinternet.com Website: www.bodyfocus.org.uk



General Classes

Hi-Energy Workout

Cowplain Activity Centre

Padnell Road

COWPLAIN PO8 8EH

Tuesday 6.45 - 7.45 pm

£3.50 per session or

block pay **£21***

Tue 07 September

Tue 14 September

Tue 21 September

Tue 28 September

Tue 05 October

Tue 12 October - No Class

Tue 19 October

Tue 26 October

*Block pay in advance and get 1 class free (min 4 paid classes). No payment required for classes if holiday known at the time of paying. Please make any cheques payable to T. Bryant. Thank you.



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Gentle Chair Exercise

<p>Causeway Farm HORNDEAN PO8 9JZ Monday 10 - 11 am £3 a session block pay £12*</p>	<p>Baptist Church WATERLOOVILLE PO7 7SY Tuesday 11:30 - 12:30 £3 a session</p>	<p>St Mary's Church Hall St Mary's Road HAYLING ISLAND PO11 ONT Wednesday 11 - 12 £3 per session or block pay £18*</p>	<p>Church on the Green ROWLANDS CASTLE PO9 6AD Thursday 2 - 3 pm £3 per session or block pay £21*</p>	<p>Baptist Church, Anmore Road, DENMEAD PO7 6NW Friday 2 - 3 pm £3 a session</p>
<p>Mon 30 August - NC Mon 06 September - NC Mon 13 September Mon 20 September Mon 27 September Mon 04 October - NC Mon 11 October - NC Mon 18 October Mon 25 October</p>	<p>Tue 31 August - NC Tue 07 September Tue 14 September Tue 21 September Tue 28 September Tue 05 October Tue 12 October - NC Tue 19 October Tue 26 October</p>	<p>Wed 01 Sept - NC Wed 08 September Wed 15 September Wed 22 September Wed 29 September Wed 06 October Wed 13 October - NC Wed 20 October Wed 27 October</p>	<p>Thu 02 September Thu 09 September Thu 16 September Thu 23 September Thu 30 September Thu 07 October Thu 14 October - NC Thu 21 October Thu 28 October</p>	<p>Fri 3 September Fri 10 September Fri 17 September Fri 24 September Fri 01 October Fri 08 October Fri 15 October - NC Fri 22 October Fri 29 October</p>

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NC = No CLASS



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Phase IV Healthy♥Heart Cardiac Rehabilitation Classes

Waterlooville Community Centre ASDA Car Park WATERLOOVILLE Monday 6.00 - 7.00 pm £3.50 per session or block pay £21*	St Mary's Church Hall St Mary's Road HAYLING ISLAND PO11 ONT Wednesday 9.00 - 10.30 £3.50 per session or block pay £21*	Jubilee Hall Catherington Lane HORNDEAN PO8 9SU Friday 9.30 - 10.30 am £3.50 per session or block pay £24.50*
<p>Mon 30 August - NC</p> <p>Mon 06 September</p> <p>Mon 13 September</p> <p>Mon 20 September</p> <p>Mon 27 September</p> <p>Mon 04 October</p> <p>Mon 11 October - NC</p> <p>Mon 18 October</p> <p>Mon 25 October</p>	<p>Wed 01 Sept-NC</p> <p>Wed 08 September</p> <p>Wed 15 September</p> <p>Wed 22 September</p> <p>Wed 29 September</p> <p>Wed 06 October</p> <p>Wed 13 October - NC</p> <p>Wed 20 October</p> <p>Wed 27 October</p>	<p>Fri 3 September</p> <p>Fri 10 September</p> <p>Fri 17 September</p> <p>Fri 24 September</p> <p>Fri 01 October</p> <p>Fri 08 October</p> <p>Fri 15 October - NC</p> <p>Fri 22 October</p> <p>Fri 29 October</p>

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