



**Terri Bryant - Spring 2012 - Part 1**  
20 The Smithy, Denmead, Hampshire, PO7 6YS Tel: 023 9224 1764 Mobile: 078 5484 8201  
e-mail: [terribryant@btinternet.com](mailto:terribryant@btinternet.com) Website: [www.bodyfocus.org.uk](http://www.bodyfocus.org.uk)



### General Classes

<b>Diet and Fitness Class</b> Waterlooville Baptist Church London Road <b>Waterlooville PO7 7SY</b> Wednesday 5.45 - 7.15 pm £3.00 per session	
Wednesday 4 January	<b>Wednesday 7 March</b>
Wednesday 11 January	Wednesday 14 March
Wednesday 18 January	Wednesday 21 March
Wednesday 25 January	Wednesday 28 March
Wednesday 1 February	Wednesday 4 April
Wednesday 8 February	
<b>Wednesday 15 February HT</b>	
Wednesday 22 February	
Wednesday 29 February	

Half Term

Terri away on this date



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### Gentle Chair Exercise

Causeway Farm HORNDEN PO8 9JZ Monday 10 - 11 am £3 a session block pay £12*	Baptist Church WATERLOOVILLE PO7 7SY Tuesday 11:30 - 12:30 £3 a session	St Mary's Church Hall St Mary's Road HAYLING ISLAND PO11 ONT Wednesday 11 - 12 £3 per session or block pay £18*	Church on the Green ROWLANDS CASTLE PO9 6AD Thursday 2 - 3 pm £3 per session or block pay £18*	All Saints Church Hall, Hambledon Road, DENMEAD PO7 6NN Friday 2 - 3 pm £3 a session
<b>Mon 2 January - NC</b> Mon 9 January Mon 16 January Mon 23 January Mon 30 January <b>Mon 6 February - NC</b> Mon 13 February	<b>Tues 3 January - NC</b> Tues 10 January Tues 17 January Tues 24 January Tues 31 January Tues 7 February Tues 14 February	Weds 4 January Weds 11 January Weds 18 January Weds 25 January Weds 1 February Weds 8 February Weds 15 February	Thurs 5 January Thurs 12 January Thurs 19 January Thurs 26 January Thurs 2 February Thurs 9 February Thurs 16 February	Fri 6 January Fri 13 January Fri 20 January Fri 27 January Fri 3 February Fri 10 February Fri 17 February

\*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. Any class missed through illness may be carried forward. Please make any cheques payable to T. Bryant.

**NC = No CLASS**



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### Phase IV Healthy♥Heart Cardiac Rehabilitation Classes

<p>Waterlooville Community Centre ASDA Car Park <b>WATERLOOVILLE</b> PO7 7AY Monday 6.00 - 7.00 pm £4.00 per session or block pay £20*</p>	<p>St Mary's Church Hall St Mary's Road <b>HAYLING ISLAND</b> PO11 ONT Wednesday 9.00 - 10.30 £4.00 per session or block pay £24*</p>	<p>New Blendworth Centre Ltd Blendworth Lane <b>HORNDEAN</b> PO8 0AA Friday 9.15 - 10.45 am £4.00 per session or block pay £24*</p>
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